

10-18-2001

Vista: October 18, 2001

University of San Diego

Follow this and additional works at: <https://digital.sandiego.edu/vista>

Digital USD Citation

University of San Diego, "Vista: October 18, 2001" (2001). *USD Vista*. 266.
<https://digital.sandiego.edu/vista/266>

This Newspaper is brought to you for free and open access by the USD News at Digital USD. It has been accepted for inclusion in USD Vista by an authorized administrator of Digital USD. For more information, please contact digital@sandiego.edu.

The Vista

Thursday, October 18, 2001

Volume 38. Issue 16

Changes in credit card solicitors on campus

New bill seeks to educate students on debt

By Erin Toohey
STAFF WRITER

The flamboyant sales propaganda of credit card companies that is accompanied by free phone cards, t-shirts, and toys is now threatened by a new bill aimed at protecting college students from credit card debt.

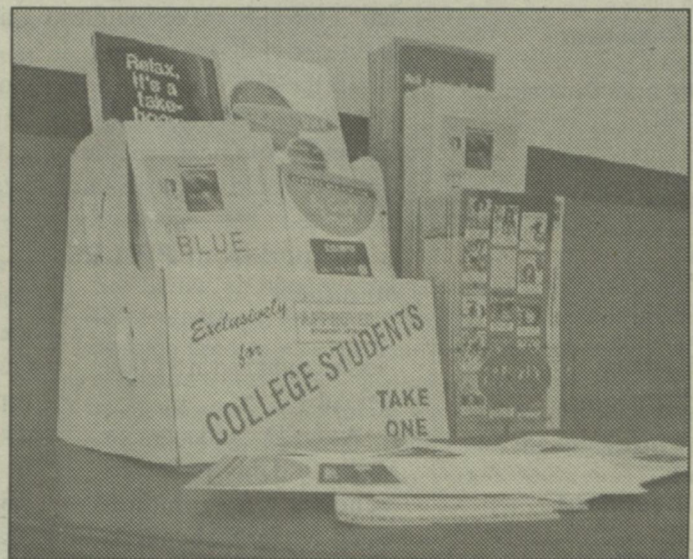
Credit card solicitors aimed at recruiting college students face a new bill from the state of California. The bill, AB 521,

proposes changes to the way credit card companies can solicit to college students on all California public and private, two-year and four-year universities. If signed by California Governor Gray Davis, the bill will encourage colleges to limit the marketing ability of the companies to select areas on campus and to prohibit the gifts that often entice students to even sign up for a credit card.

Other proposals of the

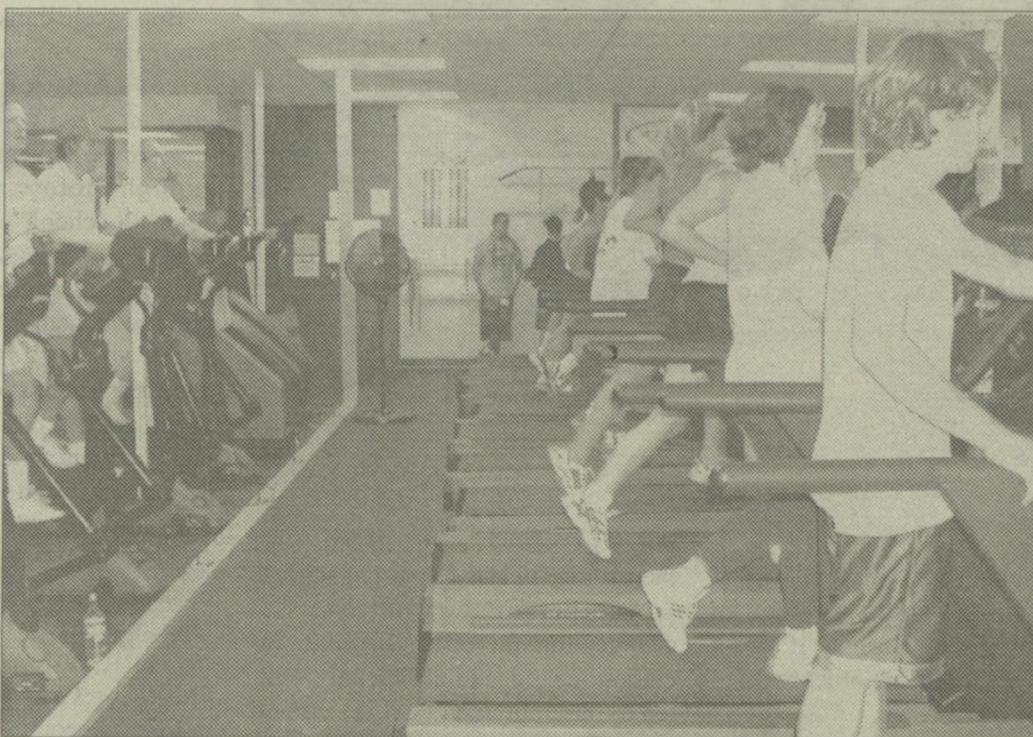
bill include mandatory debt education as part of university orientation. This part of the bill seeks to help students understand the threats of credit card debt before they are in deep monetary woe. AB 521 also states the definition of a student credit card, naming it as "any card obtained by a student based solely on their enrollment in a college or university"

Please see **Credit, page 2**



ELIZABETH RABEL

Credit card companies set out flyers to lure students to the world of magical plastic.



Health conscious citizens utilize the treadmills at the local YMCA.

CALEY COOK

Burn baby burn

By Caley Cook

SPECIAL PROJECTS EDITOR

It's important. Really important. It can prevent heart disease, it can stave off diabetes and, if you ignore it, scientists have proven that your personality can noticeably change. All this, however, hasn't persuaded young people of its importance.

Exercise. Try as hard as you can, you'll never be able

through continued scientific improvement, is proving its importance in our daily lives.

"Looking through magazines and looking at people with awesome bodies, it makes you feel like you're not up to the standards of society today." Whitney Tolpinrud, a freshman, said. "I exercise so I don't gain the freshman 15, that's the main

to ignore it. It's running down our streets, displayed in pictures on our news-stands and,

reason. Honestly, in society today, if you look at any magazine or MTV everyone is so skinny, they have no fat on them. I have to live up to that expectation."

But this isn't about tight abs or a cute butt. Anyone can pick up a tabloid in the grocery store line and attempt to follow their "magic" recipe. This isn't purely about looking good, it's about feeling good and staying healthy with a lifelong commitment, and there's no two-minute fix for that.

Please see **Fitness, page 10**

Anti-war activists are a minority on college campuses nationwide

By Suzanna Kennedy
STAFF WRITER

Small but vocal individuals and groups have protested "Operation Enduring Freedom" at college campuses across the nation recently.

The unpopular messages of these groups have limited media coverage and garnered strong reactions from mainstream America. War protests from California to Washington D.C. have cited pacifism to anti-globalization as reasons to stop the U.S. campaign against Afghanistan.

The University of California, Berkeley, has been at the forefront of the anti-war protests on campuses nationwide. Known for its radical tradition, Berkeley is supported by Rep. Barbara Lee, of 9th District in California. Rep. Lee was the sole dissenter of the

Congressional vote to enact the war powers resolution.

UC Berkeley held an anti-war rally attended by about 2,500 students according to MSNBC. Protests so far have taken place on 146 campuses and 36 states around the nation. New York University packed 250 people into an auditorium to protest the U.S. actions in the Middle East. At Stanford, 50 students participated in a rally.

The anti-war sentiments come from people of many ideals and beliefs. There are four main arguments the protesters have focused on during the last few weeks.

Opponents to the war claim the military actions as "racist" and to the unbalanced policy the United States has held towards Middle Eastern nations, said

Please see **Credit, page 2**

After School Specials

Local rock group
Rochelle Rochelle

PAGE 12



Editorial

(619) 260-4584

Business

(619) 260-4714

Tip Line

(619) 260-7849

Entertainment

(619) 260-7848

Fax

(619) 260-4807

Email

vista@sandiego.edu

Editor in Chief

Elizabeth Rabel

Associate Editor

Emily Palm

Managing Editor

Kara Braniff

Special Projects

Caley Cook

News

Jeremy Horn

News Assistant

Ian Hughes

Society and Culture

Jocelin Dills

Opinion

Tania Jabour

After School Specials

Dominic Mucciato

Sports

Chad Wilson

Sport Assistant

Jake Fabozzi

Copy Editors

Sophia Nguyen

Jessica St. Claire

Photo Editor

Eryn Brady

Photo Assistant

Ian Hughes

Web Editors

Suzanna Kennedy

Kyla Lackie

Recreation

Dave Segal

Cover Art

Lora McBay

Chief Financial Officer

Marissa Finn

Advertisement Manager

Alisha Johnson

Distribution Manager

Jake Fabozzi

Advisors

Dr. David Sullivan and

Marie Minnick

The Vista publication is written and edited by USD students and funded by revenues generated through advertisement and a student fee. Advertising material published is for informational purposes only and is not to be construed as an expressed or implied endorsement or verification of such commercial venues by the staff or University. The Vista office is located in the lower level of the University Center, room 114B. All inquiries should be sent to: The Vista, 5998 Alcala Park, San Diego, CA 92110

First copies of the magazine are complimentary, all copies thereafter are 25 cents charge.

Opinions expressed in The Vista other than unsigned editorials are the opinions of the writers or columnists and not necessarily those of The Vista Staff.

Letters to the Editor can be submitted to The Vista office. Letters should be limited to 300 words and must be signed. For identification purposes, USD ID numbers and writer's year must be included in the letter. The Vista reserves the right to edit published letters. Any content sent to the editor will be considered for publication unless otherwise stated.



University of San Diego

continued from **ANTI-WAR** on page 1

nations, saying that the terrorist attacks are a reaction to the terrorism America inflicted first.

San Diego State University student publication, the Daily Aztec, expressed this view in an article, "degraded and demoralized people are open to hate... [the] hateful monster we are responsible for creating has turned on us."

The final argument of the anti-war movement is concern for the civil liberties on the domestic front, with an increased concern for the rights of people of Arab ethnicity. Opponents to the war believe any retaliatory action the U.S. makes will lead to further violence.

"If the U.S. was the leading voice in generosity, social justice and ecological sensitivity, I think it would me much harder

for people like Osama bin Laden to find recruits for his army," said Rabbi Michael Lerner, a graduate of UC Berkeley (Berkeleyan).

"Not everyone knows exactly what is going on, we are not on the inside," said USD student, and ROTC member James Yach, a freshman, "Propaganda is the biggest weapon in war, especially with the media, and these people are mainly getting a negative view."

Yach has been enlisted in the Navy for eight years and is currently enrolled in the Officer Training Program. Yach believes the military to be minimally affected by the protests and he believes the same is true about the general public.

"Everyone is entitled to their own opinion, unfortunately [most of the protesting students] don't know what we are facing out there," Yach said,

"though peace is nice, it is not feasible in this situation."

Shannon Hine, a freshman, summed up the general attitude of many University students, "at first I was against more killing but then I realized that going to war is the only potential way we have to solve this."

Hine believes the overall mood of the campus is one of reluctant acunsympathetic to the victims' families or survivors.

The anti-war movement is not protesting an act of American aggression or idealism, as were the reasons for protests against the Vietnam War. The majority of the protesters denounce the violence and claimed hypocrisy of American foreign policy.

To many Americans, however, the operation in Afghanistan is one of self-defense.

Dr. Love is taking new patients.

Get jiggy with it by calling 260-7849.

continued from **PRICES** on page 1

sets a credit cap at \$1,000 per card.

At USD, students can easily find the credit card vendors. A common camp-out for the booths is located next to the bookstore entrance between Loma Hall and Serra Hall. The American Express booth hands out complimentary 20 minute phone cards or t-shirts in return for filling out an application.

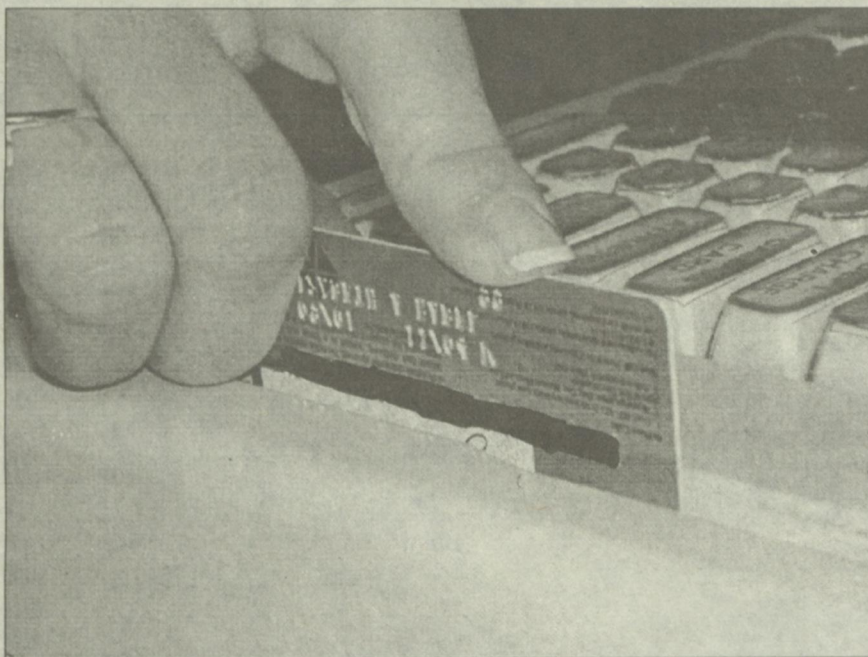
Other times students are stopped on the sidewalk, especially near Colachis Plaza and asked by the solicitors to simply apply, with no long-term commitment necessary.

Even non-invasive methods are used at USD to attempt to gain college students. In every bag handed out at the University bookstore is an application for a Discover student credit card.

Student opinions regarding the existence of

card solicitors on campus varies. Some students find the booths and their offers to be deceiving, bothersome, and an annoyance when time should be focused on academics.

"I don't like them on campus," said Mike Hogan, a sophomore.



ELIZABETH RABEL

"They distract you on your way to class, offering t-shirts in return for filling out a form. Besides, if I want a credit card, there are other ways of obtaining them."

Other students believe the con-

trary; the credit card companies serve a purpose, and it is an individual's decision whether or not to interact with the on campus advertisement booths. "I don't mind them, it is a chance to extend your credit if you need it. Otherwise just let them [credit card solicitors] do

dent Financial Protection and Responsibility Act." Within the title itself is found controversy—should the state be responsible or should the student and his/her family?

"It is the responsibility of parents to educate their kids on money and credit cards before college," Hogan said.

Bob Steele thinks the contrary however. "Debt education is a great idea," said Steele. "People aren't educated enough before they come to school, so the credit card companies are taking advantage of the uneducated. Orientation already teaches about the dangers of sex, drugs, and alcohol, but debt is just as endangering to our education and our future."

The bill recently passed the California legislature and is awaiting ratification from Governor Gray Davis before it becomes law.

their thing," Chris Capriccio said.

Another of the controversial changes that the bill could enact includes debt education. The bill, written by assemblymen Paul Koretz and Darrell Steinberg, is called "The Stu-

Words from the Desk

Ah, yes, it's that time of year once again. The sun is glistening a little lower on the bay, the clothing retailers are making millions off of coats that San Diegans can wear for less than two weeks of the year and, yes, the winter grass must be planted.

But it is very important that in the grass transition process, we must paint the dying, brown stalks a vibrant green so as not to scare off potential students. That really drives them away, I mean, who wants to go to a school with transitional grass? Yes, change certainly is all

around us, defining our fashions, shaping our emotions and opinions, and showing us the depth of our beliefs, if indeed we choose to believe at all.

A week ago I stood with my old high school friend as she hugged her fiancé. I couldn't help but notice her hanging on just a little longer, but I understood—when you're in the armed forces and there's a war to fight, you take as many moments as you can get before you have to ask the question, 'is he going to come back?' A few days later I got a

call telling me that he was gone, off to a place he can't tell her about, for a time period he doesn't know.

A few hours ago I walked past a check register line and what the woman was saying caught my attention. "I have to return this," she squelched out, holding something in a bag at her side. The clerk took it from her and peeked inside the plastic bag, glancing up in curiosity afterwards. "This is a flag maam," the clerk said. "I know," said the woman. "I want to return it." The clerk

threw a glance around as a few customers and employees looked on. "Maam, this flag has obviously been used. Did you have it on the back of your car? It has some stuff on it," the clerk said. The woman shifted her weight and asked for the manager. Fifteen minutes later, the manager was at her side, signing her refund.

How quickly we forget when the fashion statement wears off.

--Caley Cook, Special Projects Editor

New cafe on campus

La Paloma opens in Joan Kroc Institute

By Jennifer Berry
STAFF WRITER

A sleek, sophisticated addition to on-campus dining has now arrived. The new La Paloma café is located in the Joan Kroc building on the west side of campus, formerly the site of the field overlooking Mission Bay.

The café offers locally brewed coffee from Ryan Brothers, specialty sandwiches, daily soups, salads, and an assortment of cooked entrees. The menu is similar to the one at the Deli, but La Paloma offers an atmosphere much like that of Aromas. It is convenient for those who live near or have classes on the west side of campus.

Since La Paloma is new, there are not as many students rushing in for lunch or dinner, which makes it easier to grab

"Since La Paloma is new, there are not as many students rushing in for lunch or dinner."

something to eat on the way to class without having to wait in long lines.

Act soon though, because word is fast spreading though campus about this wait-free convenience. More and more students and faculty are coming each day.

"La Paloma has good food, good sandwiches, great variety, and a great view," Christina Hammond said. "It offers large

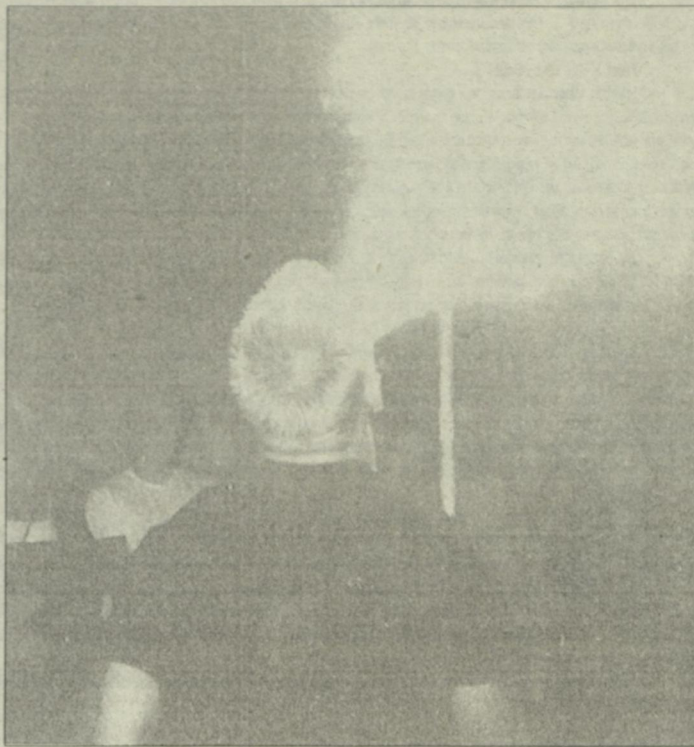
windows that overlook San Diego."

One particular favorite among students is the Tuscan chicken, a grilled chicken sandwich on a foccacia roll. In addition to lunch items, La Paloma also offers muffins and breakfast goodies to go along with a morning coffee.

The meals are moderately priced and the cooked entrees are a bit more expensive than comparable items at other food venues, but many of the sandwiches can be purchased with a meal plan. This added touch of convenience makes the menu more appealing to some students.

"I think this is a great place with a great atmosphere," Frank Barker said. "But I think it is an outrage that we don't get seven dollars on our meal card as we do in the cafeteria."

Scorched: Soy Sauce 2001



KYLA LACKIE

Soy Sauce, an annual celebration of music and food, drew large crowds on Friday, October 12 on the lawn behind Mission Crossroads. The event was co-sponsored by Mission's B Resident Assistant Johnny Dynh and the Residence Hall Association. Four bands performed and attendees enjoyed Cafe noodles and the music.

Fleet Week arrives in San Diego bay this week for festivities

By Mark Kurzinski
STAFF WRITER

The military community in San Diego is celebrating Fleet Week this week, an annual event honoring Navy, Marine Corps and Coast Guard personnel for their contributions to the country and the San Diego community.

San Diego Fleet Week is the largest military appreciation event in the nation.

"Fleet Week is a chance for San Diegans to show both their patriotism and their support for our Navy, Marine and Coast Guard personnel," said Debbie Draheim, deputy director of the San Diego Fleet Week Foundation.

The fifth annual event is presented by the San Diego Fleet Week Foundation and is sponsored by the Union-Tribune and the Port of San Diego. It honors San Diego military men and women for "serving America twice," both in defense of the nation and through local volunteerism.

"The men and women we pay tribute to not only protect our nation and way of life, but also work in homeless shelters, coach little league teams and are PTA members," said retired Vice Adm. Pete Hekman, the Fleet Week San Diego 2002 chairman. "They serve in countless ways

from churches to law enforcement."

San Diego is home to tens of thousands of Active Duty, Reserve and Retired personnel. University of San Diego (USD) specifically, is host to one of the largest Naval Officer training commands in the nation. Fleet Week officially runs from October 12-19, but events take place throughout the month of October.

"This is really a great way for the students to get involved in a lasting event," said Captain Mark Thompson, the Marine Corps Officer Instructor at USD NROTC. "Not only does the NROTC unit get involved, but students from the school attend as well. We have a very good showing."

One event taking place during Fleet Week is the second annual USD Prayer Breakfast on Oct. 18, 8 a.m. in the Faculty Dining Room at the Hahn University Center. Religious and community leaders will pay tribute to the contribution and sacrifice of members of the armed services.

"The prayer breakfast we had at USD last year was incredible," Captain Thompson said.

"It demonstrates the unity we have here between the University and the military."

Officer Candidate Ronald Rumpf Jr., the USD NROTC coordinator of last year's prayer breakfast, said the guest speaker was a great addition to the event.

"Fleet Week is a chance for San Diegans to show both their patriotism and their support for our Navy, Marine and Coast Guard personnel"

"We had a retired Admiral speak at last year's prayer breakfast. His insights into the navy and the school made the event a truly unique experience."

The guest speaker at this year's prayer breakfast will be Rear Admiral Ken Slaughter, USN Commander of Space and Naval Warfare Systems (SPAWAR). SPAWAR is the closest major naval command to USD.

Attendance at the prayer breakfast is by reservation only. If you would like to attend, please contact Debbie Draheim at (619) 858-1545.

Not all Fleet Week events are by invitation only, or exclusively for military personnel and their families. There is a wide range

of events taking place throughout the week for everyone to come together and celebrate freedom.

One of the premiere events is the Parade of Patriotism, which takes place Friday Oct. 19 from 3-5 p.m. There will be bands,

color guards, Pearl Harbor veterans, floats, dignitaries and plenty of patriotism.

The parade route follows Harbor Drive from Grape St. to Market St. and ends at Seaport Village where the next event, Bands and Booms, begins. Bands and Booms is a free concert featuring the Sea World Band as well as "Millennium," the Navy's local rock and roll ensemble.

The grand finale on Friday is a fireworks spectacular at 7:30 p.m. If you are still in the mood to mingle, Operation Gas Lamp is just a quick stroll down the Embarcadero in the Gas Lamp Quarter of downtown San Diego.

During the entire ceremony, military personnel and their families will receive discounts on food and beverages at participating bars and restaurants.

While there will be a plethora of activities during Fleet Week, the recent terrorist attacks on the United States have caused many of the events to be cancelled.

One event cancelled was the popular Miramar Airshow. This annual event, held at the Marine Corps Air Station in Miramar, is one of the largest military sponsored events in San Diego. The air show was cancelled due to the heightened level of base security and the mobilization of units stationed at Miramar for military strikes abroad.

"It is unfortunate that we had to cancel the Miramar Airshow," said Draheim. "With the possibility of retaliatory strikes on our military bases and with a gathering of that size, it was decided to postpone it until next year."

The fleet-wide Navy Ball is another event cancelled by last month's attack. Planners for this event cited the fact that many San Diego-based ships are currently deployed or preparing for deployment. Those sailors deployed will be celebrating the Navy's birthday in the most traditional sense, by being out at sea.

Although it seems disappointing that the recent tragedy has cancelled events, it is fitting that San Diegans celebrate the contribution of the military in the midst of the sacrifices that the occasion honors.

NOTICE OF CIGARETTE MARKETING CLASS ACTION LAWSUIT

IF YOU SMOKED AS A MINOR BETWEEN APRIL 2, 1994 AND DECEMBER 31, 1999, THIS CLASS ACTION NOTICE MAY AFFECT YOUR RIGHTS.

A class action lawsuit is pending in the Superior Court of the State of California for the County of San Diego, entitled Daniels v. Philip Morris, Case No. 719446 (JCCP No. 4042). This Notice is to inform you of the Court's decision to certify a Plaintiff class (the "Class"), the nature of the claims and defenses, and your rights at this time.

Are You Affected by This Case?

The following are members of the Class. All persons who as California resident minors (under 18 years of age) smoked one or more cigarettes in California between April 2, 1994 and December 31, 1999. The Defendants in this case are Philip Morris Incorporated; R.J. Reynolds Tobacco Company; Brown & Williamson Tobacco Corporation; and Lorillard Tobacco Company.

What is This Case About?

Plaintiffs allege that during the relevant period, the Defendants engaged in unlawful, deceptive and unfair marketing and advertising practices in order to seduce and induce minors in California to smoke cigarettes in violation of Business & Professions Code §17200. Based on these allegations, the Plaintiffs seek to recover on behalf of themselves and the Class certified by the Court (i) disgorgement and/or restitution of all monies obtained by the Defendants from the sale of cigarettes to minors during the Class Period, and (ii) an order enjoining these practices. The lawsuit also requests an award of attorneys' fees and costs if the lawsuit is successful. It is anticipated that any such request by Class Counsel will be sought to be paid either by a deduction from any recovery obtained by the Class or directly by the Defendants. The Defendants deny all of the allegations of wrongdoing and liability to the Class. In addition, the Defendants contend that a settlement that they reached with the State of California bars this action in its entirety. The Defendants have asserted various additional defenses.

The Notice is not intended to be, and should not be construed as, an expression of any opinion by the Court with respect to the truth of the allegations in the lawsuit or the merits of the claims or defenses asserted. The sole purpose of this Notice is to inform you of the pendency of this Lawsuit so that you may make an informed decision as to whether you wish to remain in or opt out of the Class. Plaintiffs will be required to prove their claims at a trial set to begin on May 14, 2002.

You May Exclude Yourself from the Class.

You have a choice whether or not to remain a member of the Class. To remain a member of the Class, YOU NEED NOT DO ANYTHING AT THIS TIME. As a Class member you will be bound by all orders of the Court whether favorable or unfavorable, and this case will resolve any claims against the Defendants you have concerning the allegations summarized in this Notice. If the Class is successful, then you will be able to participate in any recovery obtained. If, however, any judgment is rendered in favor of the Defendants, then you will not receive any recovery. Further, if you remain in the Class, you will be barred from asserting the same claims against the Defendants in any future lawsuit you bring as an individual. (i.e., any unfair competition claim under California Business & Professions Code §17200 based on the acts as alleged in the complaint). You also have the right to seek the Court's permission to intervene or appear in the action as a named Class co-representative and to render an appearance through your own counsel.

If you do not wish to remain a member of the Class, you must state that you wish to "opt-out" in writing to the address listed below postmarked by November 19, 2001. If you opt-out (exclude) yourself, you cannot obtain any recovery obtained on behalf of the Class and you will not be bound by any Court orders or judgments. To exclude yourself, you must write to: Gilardi & Co., P.O. Box 8040, San Rafael, CA 94912-8040. The request should also state your date of birth.

If you are currently over the age of 18, the request should be signed by you, with your name, address, and date of birth printed below your signature. If you are currently a minor, under the age of 18, the request should be signed by your parent or legal guardian, with both your name and your parent or legal guardian's name printed below the signature, along with your date of birth. If you do not make a timely request for exclusion in the manner specified, you will remain in the class and be bound by the judgment in the case.

To obtain more information including a more extensive version of this Notice, call toll free 1-800-793-9998 or visit the website at www.bamlawca.com. PLEASE DO NOT CONTACT THE COURT.

Dated: September 10, 2001.

By:
Honorable Ronald S. Prager
Judge of the Superior Court

www.bamlawca.com
1-800-793-9998

STUDENT TRAVEL

WE GET IT. THEY DON'T.



Think every travel agency understands what you need? Guess again. Lucky for you, we do.

Ready?

STA TRAVEL

4475 Mission Blvd. 858.270.1750

cst#1017560-40

www.statravel.com

INVESTMENT STRATEGIES THAT ARE CLEAR AND CONCISE. EVEN IF OUR NAME ISN'T.

Aside from our name, we've always been in favor of making things simple.
So contact us for smart, easy investment techniques to help you reach your financial goals.

TIAA-CREF.org or call 1.800.842.2776



Managing money for people
with other things to think about.™

RETIREMENT | INSURANCE | MUTUAL FUNDS | COLLEGE SAVINGS | TRUSTS | INVESTMENT MANAGEMENT

TIAA-CREF Individual and Institutional Services, Inc., and Teachers Personal Investors Services, Inc., distribute securities products.
© 2001 Teachers Insurance and Annuity Association-College Retirement Equities Fund (TIAA-CREF), New York, NY. 08/20.

USD
INTERSESSION
January 3 - 23, 2002

~ Register Early ~



Phone Registration Only
Monday, October 22nd
thru
Friday, October 26th

Walk-in registration
begins
October 30, 2001

Pick up an Intersession
Bulletin around campus
or at Founders 108

To walk-in register
you *must* have a
Registration Form
SIGNED BY YOUR
ADVISOR
and
PAYMENT or proof of
financial aid

~ Register Early ~

Come and sit on Jim's couch

Get comfy with USD TV

By Ian Hughes
NEWS ASSISTANT

USD TV is back on the air for its seventh year of student programming and movies, though many students, including freshmen, don't know this yet.

The on-campus television station is mostly loved for its great selection of movies, but that is not all USD TV has to offer.

In the past, there have been gameshows, talk shows, and even news broadcasts. In fact, the news show with Geoff Corkum and Anne Marie Peterson offers campus wide updates, local and national news, and occasionally a breaking news brief.

Geoff Corkum, a senior, has been with the station since his sophomore year as a news anchor.

"I've had a great time working with everyone at 'USD TV News,'" said Corkum. "We've all made it a successful show, and with the new facilities in the Kroc Institute, it should only get better." This job has also led him to bigger and better things: currently he is doing an internship at San Diego's NBC studios.

Aside from news program-

ming, the main attraction this year is a kind of talk show/Monty Python spin off called "Jim's Couch," now entering its second year.

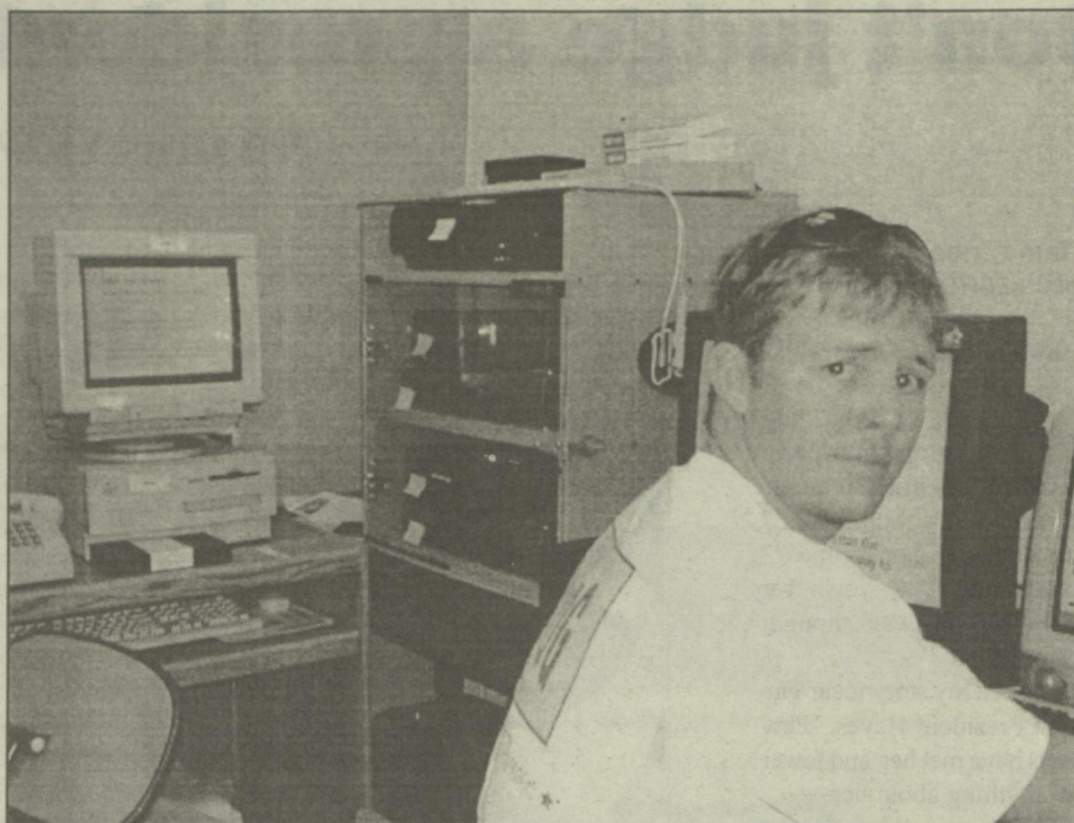
Edited by none other than Jim Ballew himself, the show centers around a couch (it actually is Jim's couch). "It doesn't take a scholar to make our show, that's for sure, but it's entertainment nonetheless," said Ballew.

The hosts are Sascha Cewe, Ballew and Adrian Corrales, all very funny people, though in a weird way. Besides bringing up an expanse of sensitive and politically unstable topics from all respects of life, there is well-placed drama throughout the show.

One notable short movie from last year was the "Lonely Mexican Wrestler" episode. That piece of work could have turned itself into a short length comedy had the directors found the time to do so.

Unfortunately, time is hard to find. Ballew, a senior, wants to graduate on time, and this holds him back from entertaining the likes of USD every week.

There is good news, though. For new episodes, students won't have to wait any longer than they do for most TV sitcoms to renew themselves—



IAN HUGHES

Despite first impressions, Jim of "Jim's Couch" works hard to create a quality show.

a new show will be waiting every other week this semester. For those interested, "Jim's Couch" airs every Monday, Wednesday, and Friday at 7PM on channel nine. Jim welcomes friendly comments at his email address, jimscouch101@hotmail.com.

Dr. Eric Pierson, the advisor for USD TV, has kept things running remarkably well so far, even though the TV station is being slowly relocated to the new Kroc Institute. "We had to look for other

places [to shoot], but the business school and media center were very enthusiastic about giving us access to their equipment and space," said Pierson.

Though the move has disrupted some aspects of production for USD TV, the end result is something that many students are looking forward to—a new studio. This new production area in the Kroc Institute promises more room, newer equipment and better editing programs.

The future of USD TV looks

bright, but any new programming is going to have to come from the students. Without shows like "Jim's Couch" or "USD TV News", channel nine is reduced to nothing more than low budget HBO.

Soon, the production facilities will be better than they have ever been, and the time is ripe for USD students to take advantage of an exciting internship right in their own backyard.

USD TV currently airs on channel nine on campus cable.

Crime Report

10/8 - 10/14

OCTOBER 8

A report of vehicle damage was reported at the School of Nursing.

A medical report was filed for an employee stating that they slipped and fell by the west side of the fountain.

Public Safety received a report that a door and the surrounding area in University Office Park looked like it was tampered with.

A student backed into another student's vehicle in the Loma parking lot.

OCTOBER 9

Public Safety received a re-

port about a hit and run with a vehicle hit and damage to the front bumper.

OCTOBER 10

A medical report was filed with Public Safety after an employee smashed their finger by the Physical Plant complex.

A hit and run was reported on the third floor of the structure involving a gray Honda Accord.

A hit and run was reported in the east parking lot of the Law School involving a dark green, four-door Acura and an unknown vehicle.

A medical report was filed with Public Safety after an employee reported that they

slipped and fell in Serra Hall.

Public Safety received a theft report after a laptop went missing in the School of Education.

A medical report was filed after a student fell down the stairs in the University Terrace Apartments.

OCTOBER 11

A medical report was received by Public Safety after an employee fell and hurt her hand in the Law School.

A medical report was received by Public Safety after a student fell down the stairwell near Missions Crossroads.

OCTOBER 12

Public Safety received a call of a disturbance on the third floor of Maher Hall that involved a fight between two to three people.

A minor was found in possession of alcohol in the San Juan residence hall.

Minors were found in possession of alcohol in the San Rafael residence hall.

OCTOBER 13

Minors were found in possession of alcohol in Founders Hall.

A student called from the Valley and said that there was

a fire in Tecolote Canyon. The Fire Department was dispatched while a Public Safety officer helped slow the spread of the fire with a fire extinguisher. The Fire Department then arrived and the fire was extinguished shortly thereafter.

OCTOBER 14

A student was transported to the Sharps Hospital Emergency Room for an alcohol related medical condition in the Palomar residence hall.

A minor was found in possession of alcohol in the Palomar residence hall.

Minors were found in possession of alcohol in the San Juan residence hall.

OPINION

Don't judge a president by her position

An interview with President Hayes

By Tania Jabour
OPINION EDITOR

I saw President Hayes walking across campus a couple of weeks ago when I was heading to class with a group of friends. It was like a celebrity sighting:

"Is that . . .?" "I think it is!" "What's she doing on campus?" "I don't know—" "—you never see her out." "I always thought she was a myth."

It sparked my story idea: The Illusive President Hayes. Few students have met her, and fewer know anything about her.

This was a problem in my opinion, epitomizing the University's entrenchment in a hierarchy of conservative bureaucratic politics.

I called for an interview with President Hayes on a Friday afternoon, fully expecting to be denied. I was then going to use that rejection as the primary evidence for my story.

First thing Monday morning, Hayes' assistant returned my call. "What time is best for you?"

There went my story idea.

The reality of an actual interview with Dr. Hayes forced a change in my perspective.

I couldn't criticize her for failing to establish a connection with students when I don't even know if student interaction is in her job description.

The first step was finding out what Hayes' job really is. As my line of questioning progressed, I began to understand the reality of President Hayes.

Yes, she's a politician. In the beginning of the interview, she made sure to slip in an example of putting herself on the line with the University's money for the students' welfare.

That anecdote was like the entire interview: calculated but natural, and deliberate but casual. She's got it down so well, five minutes into the interview you feel like you're talking to your grandmother.

At the same time, Hayes is probably the best thing that ever happened to USD.

Since her arrival in 1995, the University has increased dramatically in academic reputation, campus resources/facilities, and quality of faculty and students.

For me at least, this story has a lesson that I really should know by now: don't judge a president by her position.

So here it is, in question/answer format, my interview with President Alice B. Hayes:



Hayes socializes at one of her many public functions
VISTA STAFF

Vista: "This interview is primarily to educate students about the president's role in the University, and to give students an opportunity to get to know you. Especially since September 11, we've gotten a lot of emails from you—"

Hayes: —Yes, I thought with that this is a time of crisis for the whole University and that I need to write to everybody: students, staff, faculty and trustees. It's the same message for everybody about what we're doing and what's happening.

I will tell you one very nice [story], if you could work it into your article, that would be great. In the first week, we learned that student financial aid checks were not going to come in, so there would be students who would not get their tuition paid by deadline.

I decided that we will not withdraw students from classes, and we will cover their financial needs. Of course that was a gamble on my part, because the amount of money we were expecting was about \$350,000.

Now, the trustees could have said, 'Wait a minute, lady, don't make a decision like that without checking with us. Our policy is the students must pay tuition or be withdrawn.'

Now here's the nice story, I did not get any of those cranky calls. Instead, one of the trust-

ees called me up and she said, 'Well, I saw that, it's the right thing to do, and if you need any money, my husband and I will pay it.' Isn't that great? As it happened we did get the checks.

What is your primary function as president of this university?

I am the chief executive officer of the University, that means that I am responsible for the implementation of all the policies.

Here are the two words: management and leadership.

I have to find and allocate resources, approve getting the

of the vice presidents, deans, and president of the University senate). I do a lot of meetings.

Then I spend another 30-40 percent of my time in fundraising. Now that's not all going out to people and saying hello give me money.

A lot of it is getting to know people in the community, telling them about the University, I give about 100 speeches a year. Then when I tell them about what we're doing, they get interested, and help support us.

And then I spend time on actually managing the University. Working with policies—I spend a lot of time with the board of trustees and the other board committees.

Since you came this University has expanded, increased in academic reputation. What are your finest achievements thus far?

I'm really proud of the quality of the students and the quality of the teachers.

Then I am proud of the facilities' improvements that we've made. I'm also pleased with the generosity of the people who've given us so much money.

We have many people who have given us support for the Science Center now—not enough yet. That the primary project I'm working on now—generating support for it. Then there are other projects on line.

What's next?

We have several schools that do not have adequate facilities: School of Education, School of Business, School of Law need additional support.

When we finish the science building and renovate what we've got for Arts and Science,

It's always going to rise, at least by as much as inflation. Then when you look at all the things we're doing, we have to pay for them. I'm hopeful that, as we get more endowment money, we won't have to depend on tuition for everything. Right now, we depend on tuition for most of our expenses.

One student pointedly said, 'I don't know enough about her to have any questions.'

That's true. I don't have much interaction with students.

Do you feel like you should have more interaction with students?

I would like to. I try to get into at least one class every semester, to I get a chance to talk them.

I also meet with student officers, and I had all the R.A.'s over to my house the other week, and I meet with the students in the Alcala Club once a year.

I don't really have occasions; they just did not give me enough hours in the day. But I must say, anytime I have had the chance to talk with students, I've enjoyed it. Students sold me on this University in the first place.

Students don't get to see me that much, which is really true, and I'm sorry about that, I wish that I had more time for them.

I hope that if students do have something that they want to talk to me about, they know that I can be reached.

When I was doing some research on you, I noticed that there's a comments/suggestions place on your website, where anybody can write to you.

We've set it up so that it's confidential. If you don't give me your email, I don't know who sent it. So somebody will write in and say, 'My shower didn't work this morning and I'm really angry.' But I have no idea who that is or where the shower is.

It's nice that somebody can say something to me with the knowledge that they don't have to say who they are, but if they want a response, they have to include their email address.

But sometimes I'll go for weeks and weeks and no one will write anything.

I hope that changes after this article is published.

President Hayes can be reached at www.acusd.edu/president/; questions or comments about this interview should be directed to vista@sandiego.edu.

"I hope that students know that I can be reached"

right people in the right place, and [make] the policies to do just that.

What is your typical day on campus?

There is no typical day. But I'll tell you the kinds of things I do. I spend about one third of my time at meetings.

It's a way for me to keep informed, as well as work with people, so I meet regularly with the vice presidents, the presidents advisory counsel (all of the major directors, deans, and vice presidents), the cabinet (all

they'll be fine.

Is it difficult maintaining a balance between expansion and keeping the school small?

Well, we're not expanding in quantity, we're expanding in quality.

It's difficult for people to see that, but that's the kind of growth that we're trying to do. We're not trying to be bigger—we're trying to be better.

I collected questions from students for you. First, do you anticipate tuition continuing to rise?

Broke and lovin' it

Lifestyles of the penny-pinched



By Emily Palm
ASSOCIATE EDITOR

While drinking my 50-cent vending machine coffee, I had an epiphany: This tastes just as good as the \$3 latte from Aromas or Starbucks, or at least it has the same awakening effect. But suddenly I realized that it's not so bad living on a budget. Let's take a look at the marvelous life-style of the penny-pinched and learned.

There seems to be a joke amongst teachers, as my Economics Professor related to our class, that you can tell which cars belong to teachers (Honda, Toyota, and the like) and which belong to students (Mercedes, BMW, and so on).

I would like to point out here that this is just a broad generalization. We all know it's only 90percent of the student population that make the 10 percent look wealthy.

I digress, my point is, really not all students here drive expensive cars. I drive a 1986 Toyota Corolla I've named Sandy. Sandy's no Range Rover, but she comes fully equipped with unexpected benefits.

Yes, my car certainly shows it's age. Right-hand rearview mirrors were standardized after my car was made. The gas gage doesn't work, the needle always points to below empty.

I like to make a joke out of that though, whenever people ride with me comment on how it doesn't look like I have any gas I find it fun to reply, "Oh, I

always seem to get by." They nervously laugh when I reassure them there really is gas in my car, the meter's just broken.

My last gripe about my car is that it doesn't beep when I leave the lights on, which has proven to be an inconvenience or two.

Which reminds me, thank you to freshman Preston from Hawaii who helped me jump-start my car in the Vista parking lot a few weeks ago.

For all of its deficiencies, my car is paid off, and I can't really ask for more.

Sandy is an excellent beach car. I don't have to worry about the upholstery, I can get as much sand in the brown plaid interior and it doesn't matter.

Another wonderful part about Sandy is the built-in anti-theft feature, who would want to steal a dirty beige Toyota Corolla? I don't even have a tape deck let alone anything anyone would want to steal.

Which brings me to the next feature, the radio in my car is on the verge of becoming a collector's item.

I'm thinking I should take it to the Antique Road Show and see if it's worth a lot of money, if so maybe it could cover my books for next semester. The most unique aspect of my radio is that it will often switch back and forth from two stations near each other on the dial.

This actually turns out to be an unforeseen bonus when both

stations happen to be playing songs I like. Someday I hope to buy a car built in the last decade, but for now I seem to spend all of my money on a little something called tuition.

Priorities, priorities, priorities. When on a limited budget it is often difficult deciding where to allocate funds.

For example, my roommate and I have been debating on whether or not to buy a toaster or a microwave. Two practical appliances that really don't cost all that much, but we still hesitate on spending the money.

While shopping on our Saturday Costco trip we saw gigantic stuffed tigers for \$17.99 each. So did we go home that day with a toaster or a microwave?

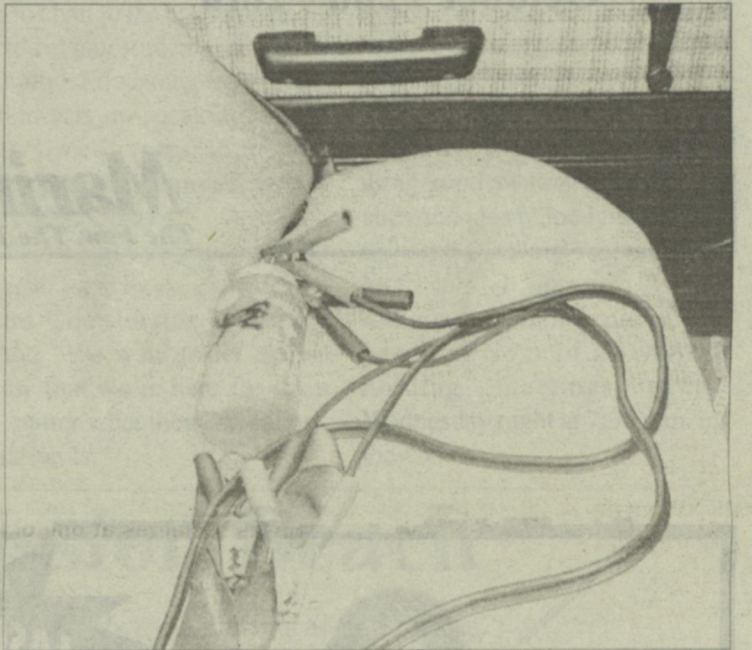
Of course not, but we love our tigers.

Now, it wasn't a coincidence that my roommate and I make our Costco trips on Saturday afternoons. That is their peak sample time, and to a college student that means free lunch. What could be better than stuffed tigers and free lunch? Costco's the greatest.

Cutting back on my spending has certainly caused me to appreciate the little things and become more creative. Now it genuinely excites me when I find a dollar. Actually, it genuinely excites me when I find a quarter, and when I find two I can buy myself a fine cup of coffee.



Sandy may only be worth \$50, but she means a lot to me.



CALEY COOK

Sandy knows the jumper cables better than she knows me

Letter to the Editor

Dear Vista,

Your Opinion Editor made a powerful statement in last week's issue. She wrote, "if you don't like it, stop complaining and change it." This is exactly what students of the Ethnic Studies Committee have been working on for the past two years, and this work has been going on since 1997. It's true, as your Opinion Editor wrote, "student activism here is disconcertingly low." And the way to encourage student activism is not to portray it as a rally of "anger." I am specifically referring to the article that appeared in the News section last week with the headline, "Ethnic studies rally sparks anger, passion."

I attended this rally last Tuesday, and it was anything but a rally of "anger." Students from the committee organized a peaceful rally, where Provost Francis Lazarus declared his support for bringing Ethnic Studies into the curriculum. Provost Lazarus' comments were followed by words of support from the United Front and Associated Students leadership teams, as well as the Associated Students Director of Social Issues, Aisha Taylor, a representative of the faculty Ethnic Studies Committee, Dr. Gail Perez. All of approximately 100 onlookers in attendance were welcomed to share their thoughts on the importance of teaching students about the experience of ethnic populations in the United States, and many did. It was a rally of education of the importance of Ethnic Studies and a chance to reach the campus community on this important issue. Your article failed to mention any of these aspects of the rally.

It is the best example I have seen in my three years on this campus of students making their voices heard and working for change. It was activism at its best. Your article described it as "dramatic" and "a determined show of outrage." Events discussing issues of ethnic diversity often portray people of color as "angry" and "outraged." Did your reporter interview students who used these words to describe the event? If so, why were they not written as quotes from attendees? Is it an objective journalist's job to characterize an event with such words of emotion? These stereotypes do not support the cause at hand; they lessen the credibility of these students who are very serious about their cause.

Provost Lazarus said the University supports Ethnic Studies plain and simple. But now students will have to work against this notion that students of the Ethnic Studies hold rallies of "anger" and "outrage."

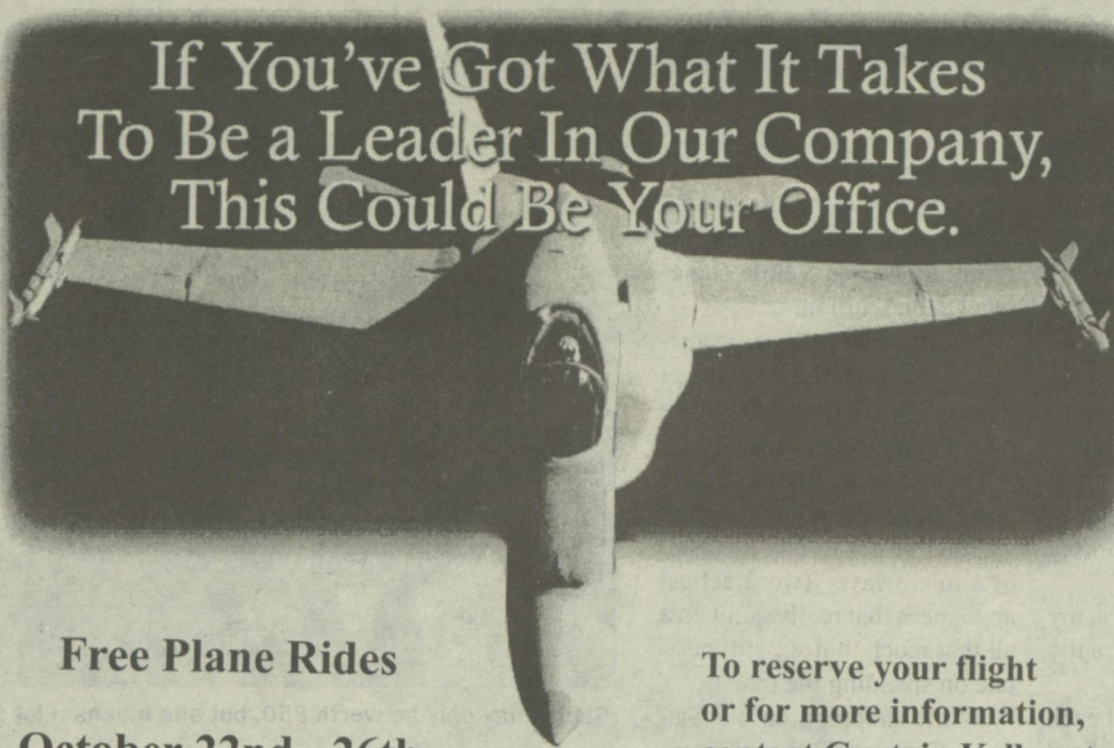
The Opinion article about Ethnic Studies in the October 4 Vista was well-researched and thoughtful. I can only hope your future articles will reflect the same effort and accuracy.

Sincerely,
Natasha Fernandez



Tigers are better than toasters.

If You've Got What It Takes
To Be a Leader In Our Company,
This Could Be Your Office.



Free Plane Rides
October 22nd - 26th

To reserve your flight
or for more information,
contact Captain Keller at
619-260-2174

Marines
The Few. The Proud.

MARINE OFFICER

Great Student Airfares
available with your ISIC or IYTC



Costa Rica	\$435
Vancouver, BC	\$155
Las Vegas	\$88
Cabo	\$150
Honolulu	\$289
Bangkok	\$599
Lima	\$434
London	\$403
Tokyo	\$422
Madrid	\$436

Fares are ROUND TRIP and subject to change.
Taxes are extra and restrictions apply. CST# 1008050-50

Pacific Beach - 953 Garnet Ave
Open Sat 10-5 (walk in only)

858-270-6401



1-800-2COUNCIL
www.counciltravel.com

America's Leader In Student Travel

LASER TAG!



**HOPING TO GET
SOME PLAY ON
THE FIRST DATE?**

**VISIT THE ONE PLACE
YOU'RE GUARANTEED TO SCORE —
ULTRAZONE!**

- Incredible 5000 sq. ft. MULTI-LEVEL Arena**
- GROUP EVENTS** Sorority/Fraternity/Clubs
Up to 30+ Players per Game!
- LATE NIGHT AT THE ZONE**
Fri. & Sat. Midnight-2am
\$5.50 per Game



ULTRAZONE
The Ultimate Laser Adventure
3146 Sports Arena Blvd. San Diego, CA
(619) 221-0100
www.ultrazonesandiego.com

ULTRAZONE
The Ultimate Laser Adventure

"The Best Show in Town!"
MUST CLOSE NOV. 4! -The READER

JANIS JOPLIN Her songs, her letters, her Soul.



"Joplin truly lives
again at the REP.
Critic's Choice!"
- San Diego Union Tribune

Producing Partner
Sempra Energy

Love, Janis

Conceived, Adapted and Directed by
Randal Myler
Inspired, by the book "Love, Janis" by
Laura Joplin

Starring
Beth Hart
Amelia Campbell
Kacey Clanton-Iniguez

SAN DIEGO REPERTORY THEATRE
AT THE LYCEUM • HORTON PLAZA

Under 30? Tix Only \$10*

*Must purchase at box office week of performance, with valid ID.

CALL 619-544-1000

Order Tickets Online!
sandiegorep.com

BLADECOM. BLADECOM.com - A Sempra Energy Partner

SOCIETY AND CULTURE

Gay awareness increases at USD

By Jocelin Dills
S & C EDITOR

As the University develops its diversity, the Pride organization is working on making a strong place for itself in the USD community. It seeks to ensure a safe and comfortable place for both homosexuals and heterosexuals to come together and feel a sense of community.

Pride is the gay, lesbian, bisexual, transgender club on campus that used to be known as the Student Alliance Embracing Sexual Orientation (SAESO). Although the name Pride is rather new, the organization isn't. It has been around since the early-nineties and is growing more and more each year.

The organization preaches a motto that says "I believe in the dignity and respect of individuals and the right of all human beings to live free of prejudice and discrimination."

The primary goal of Pride is to promote awareness of gay issues and help in bringing about more diversity on the campus. "We go to a very old-fashioned

school," said Sumali Tuchrello, Media Relations Coordinator of United Front. "We want to help in breaking the barrier between ignorance and understanding on this campus."

Many gay students have found Pride meetings to be a great place to feel comfortable and be around their peers but others see this organization as a double-edge sword.

"I understand that the group gives gay individuals a place to feel at home but it also gives the impression of exclusivity," said Joey Chiappetta, a student who is gay. "It can be perceived as an exclusive group that separates gay people from everyone else and this doesn't necessarily help the situation."

The issue of gayness on campus is one that has been a struggle since SAESO and Pride began on campus. According to Susan Payment, Associate Director of Student Activities, "When the first SAESO meet-

Gay, Lesbian, Bisexual, Transgender

OPEN ZONE

I believe in the dignity and respect of individuals and the right of all human beings to live free of prejudice and discrimination.

A pink triangle can be seen on doors around campus welcoming students to a place that is non-judgmental and supportive.

ing was terested set-up, in-students had to call the UC to get the location of the meeting because safety was a concern." A public safety officer was stationed outside the room during the meeting. This was the only meeting the officer attended.

Coming out at a campus like this can be hard. "I have found that in general, people at USD do not want to talk about being gay and gay issues. They are

not comfortable with it and I can accept that," said Chiappetta. "USD is very conservative and that makes a difference in how I handled coming out. I'm not a different person now that I have come out. Being gay is just another part of me, not all of me."

The Pride organization is trying to change the intolerance directed at gay students. With the Rainbow Educators, the organization sets up speaking events with Greek organizations and other groups to spread awareness of gay issues.

"We're not trying to recruit people," said Kecia Brown, Program Coordinator of United Front, "We want to let people know that we're here for them no matter what their sexual orientation is."

The Rainbow Educators play a large part in contributing to USD's mission of growth and a pluralistic society. "It is an oxymoron if we exclude people and don't bring everyone under the umbrella of acceptance," said Brown. The Rainbow Educators are just one way of doing this.

It is believed by many that the struggle between acceptance and intolerance of homosexuality will continue for a while. Awareness is growing, however. Pride was very pleased and encouraged by the standing-room-only crowd that came to hear Mitchell Anderson speak about the coming out process in Hollywood on Oct. 10. "I hope it impacted some people. I really enjoyed it," said Brown.

Pride hopes that this event will prove to be a step in generating good awareness of gay issues and also helped in clearing up some questions students may have had. It hopes to further knowledge with a parenting panel on Nov. 14 as well as holding meetings every Wednesday night at 7:30 p.m. in the UC.

A changing culture defines Mission Beach



KYLA LACKIE

The welcome sign at the entrance to Mission Beach has endured many changes over the years. So has the roller coaster in Belmont Park which is visible in the sign and the background.

By Kara Braniff
MANAGING EDITOR

Where can you see a man with waves painted on his butt cheeks and a 3-foot wooden red boat around his waist on roller blades? Ah, the cultural trademarks of Mission Beach. It's not a subculture in sociological terms, but a small beach community with an artistic flare and snobbish air somewhere be-

tween OB and PB.

To the natives, there's not just Mission Beach, but South Mission, North Mission, and it all seems to get really complicated from there. The standard direction-giver directs either "left" or "right" from the roller coaster and must also remember to include "bayside" or "beachside" to ensure that all partygoers stumble in the proper

direction.

The "USD guy/girl" seems to develop a twisted bond with this community during their college years. It follows along the same lines as a boring yet convenient friendship, feeling abused, but always going back for more. Let me exemplify the scenario. As a freshman, you go there to attend a "kegger," maybe it's your first, maybe not.

You probably feel a little out of place and lose a few things as well. Maybe your lunch, maybe just your wallet, and in some cases maybe your car (although this usually happens much further down the road, like when you decide to live there).

Next, for the eager-types, you may move in and immerse yourself in the community. For others, you become quite familiar with the beach, the seagulls, and of course the "Comber." Then you get tired of these places and you, too, move there. These references are all from personal ex-

perience.

He talked of the old bridge at the Jetty that used to connect Mission to Ocean Beach, physically and culturally. With its disappearance, died a lot of things that defined life here. In *The Catcher in the Rye*, J.D. Salinger said, "Certain things they should stay the way they are. You ought to be able to stick them in one of those big glass cases and just leave them alone." I think Raul feels this way about the old Mission Beach.

The new Mission Beach, on the other hand, proves to be

You probably feel a little out of place and lose a few things as well. Maybe your lunch, maybe just your wallet, and in some cases maybe your car.

perience, by the way, and in no way are meant to offend anyone.

So here I am, "left" of the coaster, "beachfront," sitting back on a Sunday absorbing the culture of my new community. I recollect "Raul" from Guava Beach in North Mission who has lived here for 18 years. Raul had quite the stories from "back in the day" when laws were much more relaxed, residents didn't have to lock their doors (can you imagine that?), and it

quite an interesting lifestyle. There are new laws about drinking, partying and noise that Raul never knew. Bands are now playing in the bars at night, rather than out on the patio, and crime is still a problem.

In conclusion, I'd like to share with you a few quotes I've encountered mostly from sunbathing on my deck and some-

Please see **Mission Beach**, page 18.

Burn baby burn

"I was in a modeling career, and a dancer so being in good shape was constantly enforced. You have to be skinny," said Tolpinrud. "Society pressures everyone to be small. That pressure is bad. But I get self confidence from exercise."



Continued from **Fitness**, page 1

College students learn habits that last a lifetime. It's easy to forget exercise amongst the full class schedule, the sports, the parties, the club activities or the simple acts of learning how to maintain a life on your own. Experts all over the world, however, are emphasizing the importance of exercise for college students that are growing increasingly static as time goes on.

A healthy life style is not exclusively restricted to exercise though—physical activity and good nutrition go hand in hand. Many overweight people have become so because of bad eating habits, which can easily be perpetuated by fast food taking the place of balanced eating when a student's class schedule becomes too hectic. Exercise can do little good if you are not eating properly.

Obesity has become so common in the United States that it threatens to overtake smoking as the biggest health enemy. One in four American adults is clinically obese, an increase of 50 percent over 20 years ago. Almost half of adults are overweight. Between 1980 and 1994, the percentage of obese teen-agers doubled.

Physicians estimate that 300,000 Americans die annually due to obesity-related illnesses, which include heart disease, gall-bladder disease, diabetes, stroke, some cancers and arthritis.

The logical answer to this

debilitating epidemic should be easy: eat better and exercise more. The solution, however, has been a bit harder to reach than to preach.

"I don't exercise as much as I did in high school but I have pretty good workouts every week," Jacob Haber, a junior, said. "The benefits are so good for you in the long run. I feel healthier. Freshman year I did almost nothing and I got sick a lot and now I have a lot more energy. College students exercise but not to an adequate degree."

Living in Southern California takes USD a step higher in the health ladder. San Diego was voted the third fittest city in America in 2000 and continues to be a hub of fitness fanatics. You can't go through a day without seeing a person running on the sidewalk or biking along the San Diego streets. The beautiful boardwalks along San Diego beaches draw more joggers every evening than a truck rally in Texas. How, then, do USD students take advantage of the healthy surrounding environment?

Starting a healthy fitness habit in college is simple, all you have to do is form a routine. Even low-to-moderate intensity activities, when done for as little as 20 minutes a day, can bring benefits. These activities include pleasure walking, climbing stairs, gardening, yard work, moderate-to-heavy housework, dancing and home exercise. This isn't about running a marathon.

More vigorous aerobic activities, such as brisk walking, running, swimming, bicycling, roller skating and jumping rope can improve the fitness of the heart and lungs. For best health, individuals should engage in 30-minute or longer workouts at least three or four times per week. Exercising more than five times a week for 10 to 24 minutes each session is even better, according to the American Heart Association.

The importance of a healthy heart and lungs continues to

grow every year with the increasing amount of research done by groups like the AHA. The AHA has proved that with exercise, oxygen delivery and metabolic processes are improved, your body builds strength and endurance, percentage of body fat decreases, and the movement of muscles and joints improves.

The American Psychological Association also wholeheartedly expresses the importance of exercise to improve a person's sense of well-being.

The mental benefits of exercise are less studied than the physical aspects, but most experts agree that no matter who you are, your self-view and confidence suffer in proportion to your lack of exercise. Some experts believe that it's the only balance against the media images of fitness that we see every day.

"I was in a modeling career, and a dancer so being in good shape was constantly enforced. You have to be skinny," said Tolpinrud. "Society pressures



CALEY COOK

A San Diego family takes a jaunt down the Mission Beach sidewalk the Fitness Association of America suggests that people increase fitness by making it more fun. If you don't like to run, don't. Take a bike ride.

everyone to be small. That pressure is bad. But I get self confidence from exercise."

The overwhelming fact is, however, that half of all people who begin a vigorous training regime drop out within a year, according to the AHA. The Vermont Health Care Association suggests that the key to attaining and maintaining physical fitness is to find activities that are exciting, challenging, and satisfying. The only problems for college students are schedules full of classes, extra curricular activities and social times.

"I have other things to do," Reed Campbell, a sophomore, said about the lack of exercise in his life. "Occasionally I'll exercise, but I don't sit in the weight room or anything. I'd rather go to the beach or go play football or something like that. I live a healthy life though."

The Fitness Association of America suggests numerous tips to increase the benefits of exercise and make it easier. First and foremost, make exercise fun. If you don't like to run, don't. There are thousands of sports activities, walking clubs, outdoor activities and other options available to San Diegans. We live in a city filled with beautiful beaches, open parks, and abundant hiking trails and walking paths, so utilizing those amenities would be most logical.

The Fitness Association of American also suggests that people simply turn off the TV. If you add up the amount of hours you watch TV, you will be alarmed. Don't rely on TV to relax, for the simple reason that exercise can be just as effective, if not more.

It's also important to look beyond organized sports. Organized sports are not for everybody. It's OK to play baseball, but except for a few short bursts, your may spend most of the game standing around. We live in San Diego where unstructured outdoor activities abound, so don't limit yourself.

When people limit themselves to little or no exercise because they can't find anything they enjoy, the consequences are staggering. AHA estimates are that up to 250,000 deaths per year in the United States—about 12 percent of total deaths—are due to a lack of regular physical activity.

AHA surveys show that 24 percent of Americans age 18 or older are not active at all. 54 percent of adults get some exercise, but they don't do it regularly or intensely enough to protect their hearts. Only 22 percent of American adults get enough leisure time exercise to achieve cardiovascular fitness.

Less active, less fit persons have a 30-50 percent greater risk of developing high blood

pressure. Cardiovascular disease (CVD) is the No. 1 killer in America, according to the American Heart Association. About 960,000 Americans died of CVD in 1995, so CVD accounted for about 41.5 percent of all deaths. That is a staggering amount of people whose death could have been prevented by a few minutes of exercise per week.

Scientists have not found a

direct link between regular exercise and stroke. But they do know that exercise reduces the risk of other health problems, such as heart disease, which can contribute to stroke. By helping to prevent heart attack, exercise may reduce the risk of some kinds of embolic stroke.

UCSD recently participated in a study that enrolled 3,234 nationwide participants to test the link between exercise and

diabetes.

"We're talking about preventing a disease that's epidemic, with roughly 16 million people across the country diagnosed and another 20 million at risk," Jerrold Olefsky, director of the UCSD portion of the study, told the *Unione-Tribune*.

Researchers at 27 centers released the results of the five-year study sponsored by the National Institutes of Health,

showing that, for every 10 people who would have developed diabetes, six could be saved with diet and exercise.

The National Youth Fitness Study, completed in 1987, found that at least half of youth don't engage in physical activity that promotes long-term health, that less than 36 percent of elementary and secondary schools offer daily PE classes and that most classes were unlikely to foster lifelong physical activity.

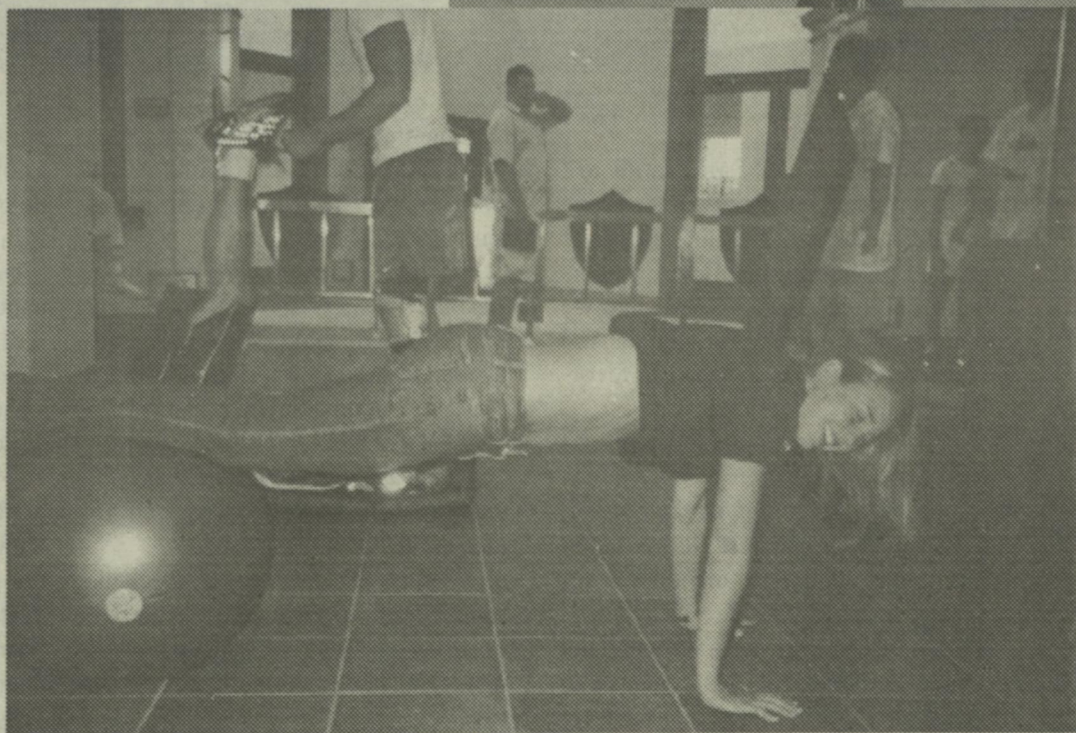
"Studies have proven that American kids are more and more overweight. I think that speaks for itself," Haber said. "I think people who exercise just feel better. I'm not consumed about appearances at all but I think for the majority of people, image is the reason they exercise."

"For me it's about health. Nothing really motivates me because I know that if I don't I won't feel as good. I did cross country when I was in high school and I've kept it up because I always feel better when I'm doing something."



(Top) The Torero weight room in the Jenny Craig Pavilion is relatively empty at noon on a Tuesday. The students in the weight room have an assortment of weights and aerobic equipment to choose from. (Middle)

A San Diego area man takes a midday bike ride on the Mission Beach boardwalk, illustrating one of the many exercise options in San Diego. (Bottom) Pushups are easy for Jenise Karcher in the weight room. The Jenny Craig Pavilion employee is excited to show her mighty abs for the Vista.



CALEY COOK

AFTER SCHOOL SPECIALS

Rochelle²

Local alternative rock band, Rochelle, Rochelle, is taking the music scene by storm and enjoying some San Diego Mexican food in the process



By Caley Cook

SPECIAL PROJECTS EDITOR

USD is not a musical haven. Students don't readily frequent the local music scene, and if they do, it's for well-known artists. Don't get me wrong, well-known artists add nothing short of life to the American music scheme, but they are not the end-all-be-all as most would be want to believe.

The local San Diego music scene has not always had the best reputation, as it sits beneath the mammoth shadow of the Los Angeles musical skyline. With new vivacity, however, a few local faces are changing San Diego's musical reputation forever.

A locally-bred hard-alternative rock band called Rochelle, Rochelle is one of them. With a little luck and a lot of hard work the band broke onto the rough-edged San Diego scene late last year and they haven't slowed down since.

The foursome out of Santee is Erik Berg (vocals/guitar), Jeff Grasmick (drums), Nick Sekol (bass/backing vocals) and Gaylord Van Brocklin (guitar/backing vocals). The local youngsters (ages 20 to 21) are making the rounds to San Diego clubs with the likes of other San Diego big timers like the Incredible Moses Leroy, Convoy and Rocket From

the Crypt.

"All the bands in San Diego are friends, we've all been playing the scene together," said Berg over the telephone from his El Cajon home. "The Casbah's become our home turf. It seems like we play there at least every two months and it's been more often lately. It's our favorite place to play."

The band's favorite place to play has garnered them a little more than fun lately. Rochelle, Rochelle received the San Diego Music Award for Best New Artist at a ceremony last week, an honor Berg never expected.

"It was really cool. When we found out we were nominated it was cool just to have that because it meant that we were making enough noise in this town even to be noticed. To win was even cooler," Berg said. "It's awesome to be recognized as a good band in your home town. It just seems like you lose something otherwise, like if you're well-liked elsewhere but not in your home town it doesn't mean as much. We started [in San Diego] and we've done well here and that means something. It's a good feeling."

Rochelle, Rochelle (named after a character in a Seinfeld episode) began in the halls of Santee High School where Grasmick, Sekol and Berg spent their adolescent years. The three played parties and

garage-jammed for a few years and when a former guitarist flaked before a show they asked Van Brocklin to fill in, and the lineup has stuck ever since.

"Just like every other garage band starts out, any show or party you can get, you play," Berg said. "We didn't really play too many parties because our music wasn't like other San Diego stuff. We weren't really what we are today, almost a different band. Ever since we've had this lineup we've been doing really well. It's really solid."

As solid as their lineup is, Rochelle, Rochelle hasn't been spared the dreaded menial day job. The band conquers a wide range of daily activities before hitting rehearsal.

"I work at two places, a small print shop out in El Cajon, making business cards and stuff like that. I also work at a place called Production Group International that plans tours and things like that. Gaylord does computer work for AT&T and Jeff works at a skateboard factory and Nick works construction. We're looking forward to getting rid of those," Berg chuckled.

Lucky for them all, an end to the dreaded day job seems close at hand. The band has secured a reputable Lost Angeles manager named Lou Niles, who is also well known as a former DJ for 91X's lo-

cal radio show, Loudspeaker. Niles' knowledge of San Diego music has helped Rochelle, Rochelle conquer the local scene, but most importantly, he's brought new offers onto the horizon for a band that has been locked into local obscurity for a year now. Berg says that the band is considering offers from major and indie labels alike, and a deal should be struck by early 2002.

"We have some interested labels that we're talking to and hopefully a tour will come out of that. Hopefully we'll work out some deals pretty soon. We want to narrow it down to a final deal late this year or early next year. Hopefully by next year we'll be signed and ready to rock and record a full length and tour. Actually, it's really funny because we've had a lot more interest from the major labels than we have from the indie labels. It's not like we wouldn't go with an indie label, we just want to go with whatever we think will work best for us. We're in no hurry really. We're playing the field."

"Right now we just want to get out there and do things. We don't want to rush into anything and sign our lives away. Right now we're looking at everything and taking it slow. It all depends on what works out. We're having our people talk

MUSICAL MAYHEM:

Dude! CD reviews! Sweet!



Dogwood
Matt Aragon
[Tooth & Nail]
-6-

Jumbo shrimp, military intelligence and Christian punk rock. If you said that all of these are oxymorons, most people would

agree with you. But the last one isn't classified so easily.

Matt Aragon, the latest release from the San Diego-based WWJD card carriers is an interesting mix of poignant lyrics and in-your-face melodies.

Dogwood, who won the award for best punk band at last week's San Diego Music Awards, named their new album after

their biggest fan.

The CD insert explains, "The title is not a mere dedication, but a sincere gesture of gratitude for who he is and what he means to us."

Produced by punk rock staple Ryan Greene, the man behind such records as NOFX's *Punk in Drublic* and the self-titled debut by Fenix-TX, *Matt Aragon* is the second album put out by Dogwood this year.

Although the instrumentation is tight and the music is well constructed, one can't help but think that the quality of the CD has more to do with the expertise of Greene rather than the talent of Dogwood.

--Jim Ballew

Dave Navarro *Trust No One* [Capitol] -8.5-

In 1998, while touring with the Red Hot Chili Peppers, Dave Navarro began writing songs which would become the bulk of his first-ever solo effort,

Trust No One.

The six-string virtuoso has already left an unmistakable, unapologetic mark on modern rock, with bands like the Chili Peppers and Jane's Addiction.

Now he has exorcised the darkness from his tortured soul by fusing his own unique blend of techno-rock rhythms with haunting lyrics, begging for answers to the mysteries of the human psyche.

The first single off the album, "Rexall," starts off the album with a bi-polar mix of acoustic fingerings and driving power chords, setting the blueprint for the whole album.

Produced by Rich Costey, *Trust No One* is the outlet Navarro has been seeking on his quest for musical independence.

Turning down offers to strum for both Trent Reznor of Nine Inch Nails and Axl Rose's new Guns N' Roses lineup, Navarro has stepped up from the side stage to put forth an album that is as complicated and mystical as the man himself.

--Jim Ballew

California and Nicks storm into San Diego



California opened for Stevie Nicks at Coors, Oct. 3.

By Emily Palm
Associate Editor

Instead of werewolves, the full moon on a gorgeous Wednesday night brought together an eclectic crowd of drunken 20 year-old gypsy/hippies, drunken 30 year-old gypsy/hippies, drunken 40 year-old gypsy/hippies and various others.

The atmosphere was laden with patriotism as the national anthem played over the loudspeakers and a spotlight illuminated the American flag hanging over the middle top of the stage.

The audience ranged from early 20s gypsy-hippie individuals in long flowing dresses to inebriated forty-year olds. Needless to say, it was an eclectic crowd filling the seats at the Coors Amphitheatre.

Clad in black leather pants and black shirts, California strolled on stage. "Are there any Americans out there tonight?"

they asked.

The audience replied with an ecstatic, "Yessiree!!" "All right then, here's some real American Rock 'n Roll!"

With lead singer John Gregory wearing an all American blue jean jacket over his black outfit, silver stars on his guitar strap, and a U.S flag draped over the bass drum, California displayed their devotion to the country. California is 30 percent John Mellencamp, 30 percent Bryan Adams, 10 percent Jimmy Buffet (in the guitar solos), 30 percent miscellaneous, and 100 percent clean-cut rock.

They had very upbeat lyrics and a positive aura on stage. I don't believe the jovial drummer Max stopped smiling for even a nanosecond all evening.

After a few songs in, Gregory switched to a beautiful black acoustic, introducing the next song as one they didn't in-

cluded on their tour, "...but after all the stuff that went down we decided to put it in," he said.

Their mellow and emotional song, "Helpless" had a hopeful message: "Even the darkest of clouds hides the sunny day."

Although John Gregory chomped on bubblicious (maybe to accent their all Americanesqueness) and the base amp was turned up too high, their soulful tribute was not lost.

John Gregory acknowledged the legendary goddess, Stevie Nicks, saying, "I know you're not here to see us, but we're gonna win you over."

And they did. After their performance the band came out to sell and sign cd's ("Please go out and buy our CDs, give us gas money to get to Vegas") they were greeted by a multitude of fans. Audience members were still waiting in line to talk to the band when Stevie entered the stage. "I can't believe this, the

rock star's on right now and people are waiting to buy CDs," said the dumbstruck guitarist, Steve Norton.

In the middle of their performance, Gregory took a second to talk about their style. "This kind of music we're doin' is kind of tough," he said. "but we believe in it."

Towards the end of their set, Gregory once again recognized the honor of being able to share the stage with such an amazing artist as Stevie Nicks.

"We thank you all for being super, super cool." He said before leaving the stage.

After the show guitarist Norton noted the responsiveness of the San Diego crowd. Although no audiences were bad on the tour, Norton said, "Some you really had to work for."

Max the drummer loves the shopping in San Diego, exclaiming enthusiastically, "Just give me the antique mall!"

Continued from
Local, page 12

to their people."

Despite current interest, Rochelle, Rochelle knows that San Diego isn't the easiest route to take in conquering the American music scene. With a quick move to Los Angeles the band could theoretically increase major label interest. Berg realizes this, but insists he'd rather be in San Diego.

"I'd like to stay in San Diego, I love this town. I don't want to leave--just because of the Mexican food! You'd think that LA would have good Mexican food too but it doesn't, it's different. We go up there all the time and it's not the same. I don't know what the deal is. It just seems more fast-foodish up there. Even the 'genuine taco shops' aren't the same."

With major label interest, these boys won't have to worry about a move any time soon. People all over the country are picking up on the Rochelle, Rochelle sound and they haven't even released a full-length record yet. Berg says that at local gigs he has been noticing people that know the words to songs the band hasn't even released yet.

"We did a pressing of 1,000 of our new EPs and we're down to 20 or 30 now," Berg said. "They're out there in San Diego and people know the songs now. We played a show at Off the Record the other day and everyone was singing along. It was packed too, almost 150 people. I think it still surprises us when people actually show up."

Local interest in the band is relatively surprising, if not for the fact that the band is only a year old, then purely for the fact that San Diego is known for it's surf steeped punk, not hard driven alternative rock bands.

"I like to call [our music] hard rock that's pretty. It's hard but it has melody. It's not just power chords," Berg said. "I guess if you were to compare it to someone, it's a less poppy Foo Fighters. You can still rock but you can sing too. It's not just noise. I like that others can't put a category on it though because at least then I know it's something a bit different."

Classified advertising

Fraternities • Sororities • Clubs • Student Groups

Earn \$1,000-\$2,000 this semester with the easy Campusfundraiser.com three hour fundraising event. **Does not involve credit card applications.** Fundraising dates are filling quickly, so call today! Contact Campusfundraiser.com at (888)-923-3238, or visit www.campusfundraiser.com

Help Wanted

Sports Minded Individuals

Hiring immediately. 6-8 enthusiastic individuals for FT/PT day and evening shifts. Guaranteed \$8/hr to start. Perfect for students. Call now 619-275-5055

Models, actresses, dancers et. al.

for cultural videos. Flexible hours. 619-284-0499

Looking for a roommate? Have something to sell? Place a classified in the Vista. It is VERY affordable. 619-260-4714

Please join us for an APSIA Graduate Forum focusing on Graduate Education in International Affairs

Tuesday October 23, 2001

4:00pm - 7:00pm

University of California, San Diego ~ Faculty Club
UCSD Career Services Panel: Careers in International Affairs
2:30pm - 3:30pm

Participating Universities

American University
School of International Service

Johns Hopkins University
The Paul H. Nitze School of Advanced International Studies

University of California, San Diego
Graduate School of Int'l Relations and Pacific Studies

University of Maryland, College Park
Maryland School of Public Affairs

Columbia University
School of International and Public Affairs

University of Minnesota
Humphrey Institute of Public Affairs

University of Denver
Graduate School of International Studies

Princeton University
Woodrow Wilson School of Public & Int'l Affairs

Georgetown University
Edmund A. Walsh School of Foreign Service

Syracuse University
The Maxwell School of Citizenship & Public Affairs

The George Washington University
The Elliott School of International Affairs

Tufts University
The Fletcher School of Law and Diplomacy

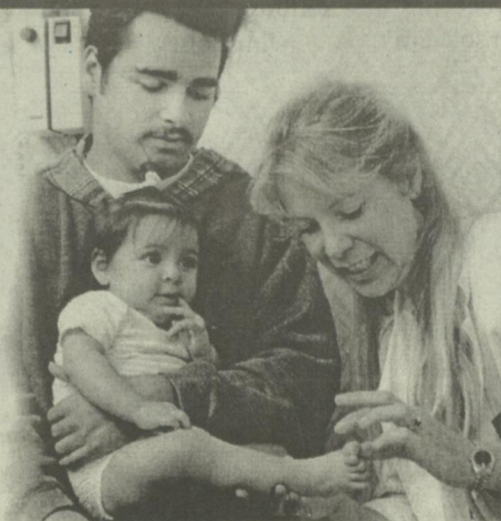
Harvard University
John F. Kennedy School of Government

University of Washington
Jackson School of International Studies

Sponsored by the Association of Professional Schools of International Affairs (APSIA)

MASTERS ENTRY PROGRAM

N
U
R
S
I
N
G



University of San Diego

~ Denise Duble-Stratton, RN, FNP
Graduate of USD's MSN program
Family Nurse Practitioner Specialty

The University of San Diego
Hahn School of Nursing & Health Science
is pleased to announce our new
Masters Entry Program in Nursing.
This program is intended for individuals with a
baccalaureate degree in another discipline who are
seeking a new career in nursing.

Open House
October 23, 2001
RSVP required

619-260-4548
www.sandiego.edu/nursing

Get a
legal job!



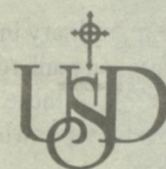
University of San Diego

Get your Paralegal
Certificate at USD

- * ABA approved
- * Day & evening classes available
- * Law library on campus
- * Employment assistance
- * Internships (day)
- * Loans for qualified students

For a FREE brochure call:

(619) 260-4579
www.sandiego.edu/paralegal/



University of San Diego

LSAT
GMAT & GRE
Preparation
Courses

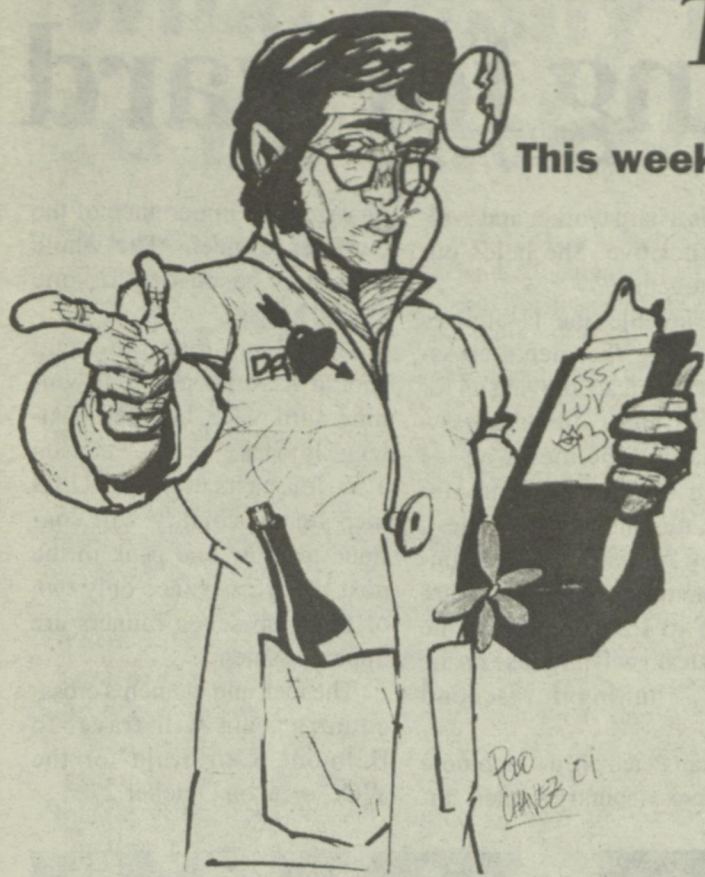
- * Experienced Faculty
- * Lecture Courses
- * In-Class Practice Exams
- * Free Refresher Classes
for up to 1 Year

Call Now!

(619) 260-4579
www.sandiego.edu/testprep/

The Doctor is in...

This week Doctor Love takes on gender, ex-girlfriends, and bra sizes



POLO CHAVEZ

hey baby what's your sign?

Kara "bout-your-future" Braniff MANAGING EDITOR
Emily Palm "reader" ASSOCIATE EDITOR

Libra

(9/23-10/22)



You are the sunshine of the day. Go spread your happiness, and whistle while you work.

Scorpio

(10/23-11/21)



If life was normal, it would be boring. Take that into account this week. October 20 will be a grand day.

Sagittarius

(11/22-12/21)



Don't stop thinking about tomorrow. Take a moment to consider where you'll be next year and who your core group of friends will be.

Capricorn

(12/22-1/20)



Lucky you! There is a gemini in your future who will love you forever. It doesn't get much better than that!

Aquarius

(1/21-2/18)



Wink at everyone you think is cute today--they will greatly appreciate it.

Pisces

(2/19-3/20)



If things seem weird right now it's because they are. Don't worry, this is just a time of change.

Aries

(3/21-4/19)



Go out into the canyon and pick some flowers, they're good for the soul. Besides, a beautiful bouquet can really liven up the dorm room.

Taurus

(4/20-5/20)



Stop in the name of love before you break your heart. Think about your priorities. October 22 will be fantastic.

Gemini

(5/21-6/20)



Oh baby, you're so sexy (no matter what you do). So go crazy these last couple of weeks. Whatever goes--you'll be cute no matter what!

Cancer

(6/21-7/22)



What's really wrong? If you figure that out maybe you can regain your sense of peace.

Leo

(7/23-8/22)



At least once this week, smile at a stranger and say hello. People really don't do that enough these days, so you're in charge of starting the trend.

Virgo

(8/23-9/22)



Do a dance in your room to your favorite song every morning this week. What a great way to start the day!

Doc,
Why doesn't he call when he says he will?

Well, Mr. Unreliable doesn't mean you any harm. More than likely he just doesn't have the heart or the courage to tell you that he won't call.

Although there may be (in roughly the same frequency as a planetary alignment) a case when he genuinely can not get to the phone, more than likely, your potential suitor is just plain uninterested.

Is there such a thing as "true love?"

Love is like a good Pablo Nerude poem. It can make you either cry tears of joy or sorrow. Any dream worth having is a dream worth fighting for.

"True love" may be an ideal. But can you think of a better one to pursue?

Dear Doc,
I'm a guy who has always had more girl friends than guy ones.

Platonic friendships with women is so much more rewarding than hanging out with the fellas talking about trucks, cars, video games, and girls.

Now I'm hearing the whispers that I'm gay. Do I need to become a meathead to defend my sexuality?

-Jock with a conscience

I hope not. The world has enough meatheads already. Who do you really have to prove yourself to? There's you and then there's you.

Let the fools murmur all they want. If you change who you are just for their validation, then you're letting other people run your life.

This is a dangerous path to start treading upon. Hang out with the people you feel comfortable around. Be yourself and make the rest of the world deal with it.

Dear Doctor Love,
If a girl tells you her bra size does that mean she likes you?

Are there other dimensions included in that bundle of information or is she casually telling you cup size?

In my experience, girls

don't just drop that sort of information on you out of the blue.

Either she really trusts you, is just kidding, or just doesn't know when to keep her ideas to herself.

More than likely she thinks of you as a close friend, —a confidant. I hate to tell you this but, she thinks of you as a girlfriend.

So, yes, she likes you. But not in the way you were hoping for. Most girls don't even tell each other their bra size. So, we're right back where we started.

Can girls and guys really be just friends?

Sincerely, Guys and Dolls

Come on now. Are we still struggling with gender specific friendships?

Guys and girls are perfect friends. Just because you have some things in common and enjoy each other's company doesn't mean you want to walk down the aisle or jump in the sack.

We have social, cultural, and gender differences but the good news is we are all not alike.

It isn't just guys and girls. Embrace the diversity and go out and find a platonic friend of the opposite sex.

Doctor,
The guy I'm interested in keeps mentioning his ex-girlfriend. Is he trying to tell me something?

Why deny her existence? You both can't pretend she never existed, just like you can't magically make all of your "ex-es" disappear.

They are a part of your life. She was a part of his. As rough as it sounds, there is a part of her that makes him who he is.

Mentioning her in conversation isn't quite as bad as erecting a shrine to her memory.

If he trusts you, he is going to tell you what he is feeling, thinking, wondering, and, yes, remembering.

Certainly, the ex-girlfriend may be a threat to your future, but at least he's not in denial.

Dear Dr. Love,
I'm so open with the men in my life that I think they think I'm a freak or a "drama queen" or some-

thing!

Am I telling them too much? How much information is too much? I want to be honest, but I don't want them to think that I'm weird.

Love, Self-Disclosed

Dear Self-Disclosed,
You toe a fine line between honesty and Terrets Syndrome.

I think you should try to maintain a social level of desirability. Who knows what this really means?

The good news is I know what it isn't. Here are a few definite no-no's: don't tell him about your bathroom trips, don't tell him how fat you think you are, don't tell him about the dormitory drama he doesn't want to hear about in the first place.

Try to stay away from entering conversations with boys about boy things, if you know nothing about them. Avoid sounding over your head at all costs.

Doc,
Why do all the boys at this school drive enormous sport utility vehicles? You know what they say about boys with big trucks. . .
-just curious

I think I have heard that one before. Something about compensation for the lack of something else.

Guys with huge trucks may just enjoy paying \$50 for a tank of gas. Some just like to ride eight feet above the ground.

There is nothing more secure than a man who knows that his ride is a hooty.

Keep it real and protect the greenhouse from smoggy exhaust.

This doesn't mean that all you guys out there with a monster truck need to trade it in for a Focus, but be advised, the Love Doctor is on to you.

Does "no" always mean "no?"

Sorry, Casanova. "No" means "no." You may want it to mean yes. It may even sound like "yes." But it just isn't.

"No" usually indicates that your desires and theirs do not match up.

Respect the wishes of your companion and stop.

SPORTS

X-country team pacing forward

By Erin Toohey
STAFF WRITER

The cross-country team is winding down the season with high-hopes and fast dreams.

The 12 women of the cross-country team are proud of their season. The women run a 5k event, approximately 3.1 miles. The team competed in 5 races, the first being the USD invitational in addition to meets at UC Riverside, Stanford, Pepperdine, and UC San Diego. Kim Croswell, a sophomore, reflects on this season as

a success, especially in comparison to last season. "This year has gone very well," she said. "Last season we had a lot of injuries and sickness, this year we are healthy, we are strong."

The strength of the women is surely being recognized in their accomplishments. They finished 4th overall in the USD invitational, beating all of the other teams in the West Coast Conference.

The athletes say their greatest accomplishment of the season however to be the dual meet against Pepperdine. The USD women won first, second, and

third place to take the win against their biggest rival.

While the regular season for the runners is over, the top seven runners will be going the extra mile to the WCC race on October 27th. The women are hoping to finish in the top three this season, which would be a huge improvement over their seventh place finish last year. Croswell expects that their huge improvements since last season will aid their aims.

Croswell adds that while the women's team has identifiable top runners, it is Jen Pici, a junior, who is the star of their team.

"She is a hard worker and is always positive. She holds our team together."

Meanwhile, the 11 athletes comprising the men's cross-country team are revving up for the WCC meet after a successful season. The men won the season opening USD invitational, running the 8k (5 miles). Led by Antonio Lopez, a junior who transferred from Notre Dame to USD last year, the men's team will now take on the WCC, running for second place.

Brian Peterson, a sophomore and a cross-country runner, em-

phasized the importance of the conference meet. "The whole season is based on this one meet," he said.

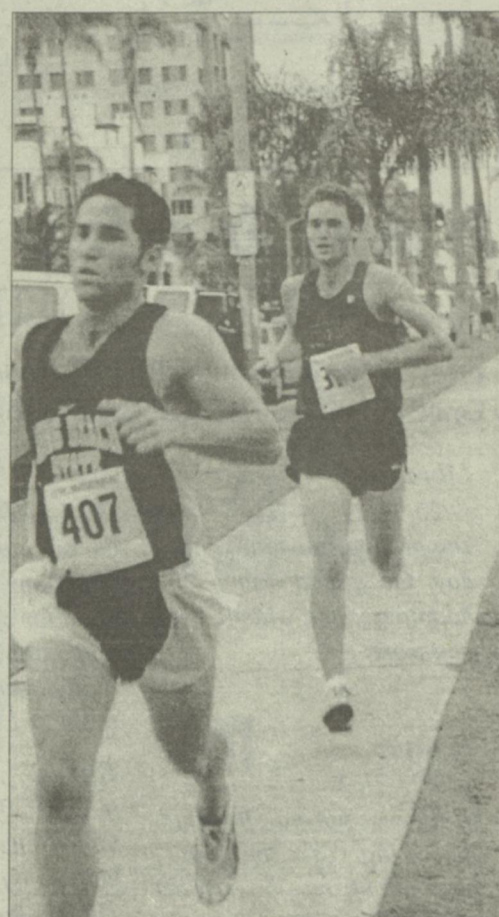
He added that the team should have no problem winning third place, but their challenge is to take second. Peterson also forecasts that the USD men's cross-country will continue to grow and peak in the next two years, since only two of their top seven runners are upperclassmen.

The men and women's cross-country team will travel to Belmont, California for the WCC meet on October 27th.



Torero runners get off to a quick start. Both teams finished better than all of the WCC at the USD invite.

IAN HUGHES



A USD runner chases a Long Beach athlete.

Football win adds success to Homecoming

By Tim Walsh
STAFF WRITER

The Toreros and Fairfield fought it out up until the last few minutes at Saturday's homecoming game before the clock ran out leaving USD in the lead for the win.

Before a crowd of 2,162, USD (4-1) beat the Fairfield Stags (3-3) at Torero stadium in a non-league match up. The beautiful Saturday afternoon game was the perfect setting for the announcement of the homecoming king and queen especially since USD defeated Fairfield, 38-35.

This Saturday's game bore a good resemblance to the Toreros last outing at home against the Drake Flyers. The Toreros dominated the first three quarters of play but tired

in the later parts of the second half and gave up 28 points in the fourth quarter alone. Coach McGarry commented on how "the man coverage tore [his players] legs up" and by the fourth quarter "[his] guys were gassed."

At the start of the fourth the score was USD 28, Fairfield 7. With less than two minutes in the quarter, Joe Scarpelli, a defensive end for Fairfield, intercepted Eric Rasmussen's pass over the middle and returned it for an 18-yard touchdown.

As the momentum began to turn, Fairfield scored again before Dylan Mora could answer with what ended up being a crucial field goal. Fullback Kenny Villalobos, stiff-armed Alex Warr, a junior for Fairfield, to avoid the tackle and bring the Toreros to a 17-

point lead.

As USD fans began leaving for homecoming festivities Fairfield refused to back down and scored two more touchdowns, one being set up by a successful on-side kick attempt. But the lead proved to be too great for Fairfield to overcome and when time ran out USD finished ahead by 3.

The Toreros, coming off their first loss of the season against Dayton, are off to one of their best seasons ever.

Coach McGarry's players are maturing into one of the lead contenders in the Pioneer Football league. McGarry is in his sixth year as Torero head coach and previously was an assistant coach for the Toreros for 18 seasons. He is the first USD graduate to head the Toreros football team.

If the first half was dominated by both teams' defense the second half was definitely controlled by their offenses.

Dana White, a receiver for the Toreros as well as a member of the USD basketball team, had 8 pass receptions for 117-yards. White made a crucial catch where he leaped above a Fairfield defender to prevent the interception. Coach McGarry was impressed but unsurprised.

According to him White "does it all the time." Previous to Saturday's game White had 4 receptions this entire season and in the first half of Saturday's game he had 7.

He finished only two away from the Torero record shared by both Jeff Morgan and Dylan Ching. Andrew Turf, a receiver for Fairfield, had twelve

receptions for 142 yards, tying Fairfield's school record set by Eric Wise in 1998.

Eric Rasmussen, head quarterback for USD, completed 16 of 35 passes. He connected for 3 touchdowns and threw one interception.

Bobby Doherty and Phillip Thrash both scored in the second quarter on passes from Rasmussen. Fairfield's first appearance on the scoreboard was with only four seconds left in the first half on a 12-yard pass from Mike Cerchio.

In the third quarter Kenny Villalobos scored his first of two touchdowns on a 1-yard run and John Saffer entered Fairfield's end-zone on a 33-yard pass from Rasmussen.

The Toreros' next game is at home against Butler University at 7:00 p.m. on October 20.

What really happened to Bo Jackson?

By Jim Ballew
STAFF WRITER

Once, maybe twice in a lifetime, will an athlete of such raw talent and superhuman skill grace the sports world with his or her presence, striking awe in their opponents as well as striking a chord in the hearts of Americans everywhere. Where have you gone, Bo Jackson? Our nation turns its lonely eyes to you.

Well, as it turns out, Bo Jackson has been pretty busy since retiring from professional sports. The former two-sport phenomenon has been trying his hand at several post-NFL/MLB endeavors since he bowed out of the spotlight following the Major League Baseball players strike in 1994.

Jackson, who once made the statement that without sports he "would probably be dead or in jail," had the kind of sports career of which most athletes only dream. But what makes him special is the degree at which he excelled at not one, but two sports.

The 6-foot-1, 225 pound frame with which Jackson pounded baseballs on the diamond and split defenses on the gridiron honed its legendary skills at

McAdory High School in McCalla, Alabama. After turning down a baseball contract from the New York Yankees, Jackson went to Auburn on a football scholarship where he ran for a total of 4,303 yards. In 1985, Jackson was selected as the recipient of the Heisman Trophy.

In 1986 Jackson turned down yet another professional sports contract, this time from the Tampa Bay Buccaneers, to once again focus on baseball. As a junior at Auburn, he played center field and hit an astonishing .407 with 17 homeruns. Then, for the third time in his life, a professional sports team made him an offer to play ball. In his first at-bat as a Kansas City Royal, Bo Jackson hit a single off Steve Carlton.

It wouldn't be long before the football bug would bite Jackson again and he would yearn to run with the pigskin. So in 1987 he struck a deal with Raiders owner Al Davis that would allow Jackson to keep playing baseball while playing part-time for the Raiders.

During his career as a professional athlete, Bo Jackson made his mark on the sports world. As a baseball player for the Kansas City Royals, Chicago White Sox and California Angels, he hit .250 with 141

home runs and 415 RBI, being named All-Star Game MVP in 1989.

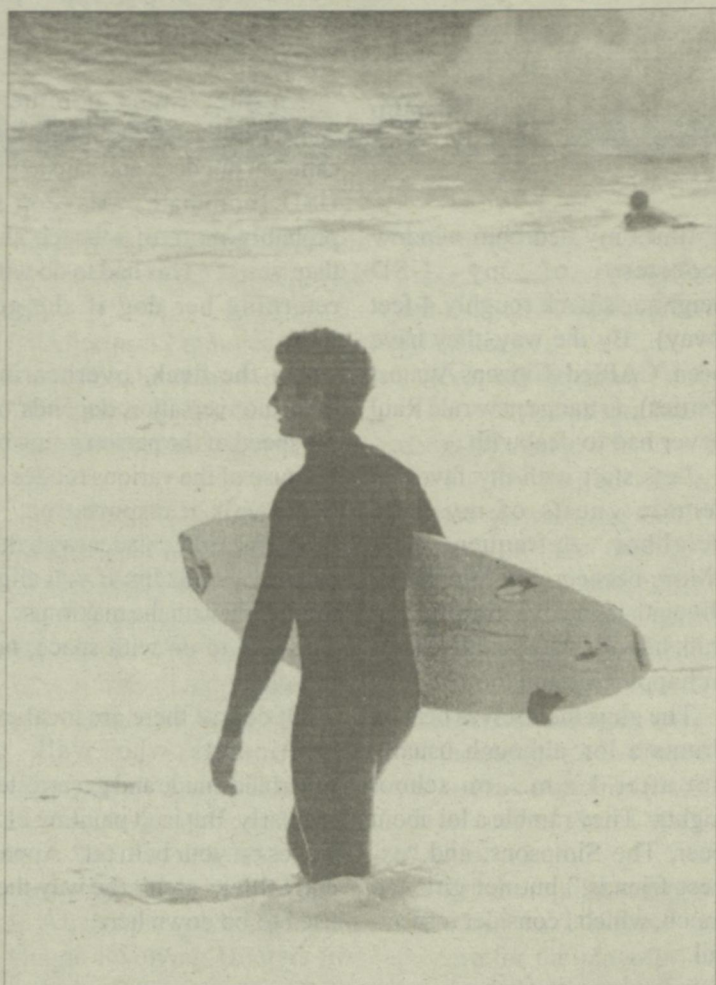
As a running back for the Raiders, he totaled 2,782 yards and scored 18 touchdowns. He is the only player in NFL history to have two rushing touchdowns of over 90 yards.

After an injury that ended his football career in 1991 and eventually led to hip-replacement surgery, Jackson took two years off from sports. In a moment that will forever be remembered in sports lore, Jackson hit a homerun in his first at bat for the Chicago White Sox in 1993.

The years since the end of his sports career have been fruitful. After receiving his bachelor of science degree in family and child development from Auburn in 1995, Jackson opened up a motorcycle shop just outside of Chicago.

Jackson also tested out his entrepreneurial skills by partnering up with fellow professional retiree Charles Barkley and opening a restaurant in Alabama. But the bulk of Jackson's time is spent at his new job as the president of the Sports Medicine Council of HealthSouth, a national health-care company. He currently lives outside of Chicago with his wife and three children.

Bo knows how to keep on living.



KYLA LACKIE

Surf Watch Update

By Tim Walsh
STAFF WRITER

Sorry to be the one to tell you, but if you were not in the water last week you missed out. Waves were 3-5 feet with some sets coming in over head high and the conditions were good up until Monday. But around Tuesday the southwest swell that was keeping the surf up (and we surfers happy) died out.

Tropical Storm Manuel fought its way back to storm status back on Saturday afternoon. Then the storm remained stationary and held there for a day or so. Most San Diego beaches will never see the results of the storm and by Thursday it should have totally dissipated.

Presently the north Pacific is a high-pressure nightmare and the south Pacific is fairly disorganized so we will have to wait

a few days before the next swell. But all is not lost while there is a chance of a smaller southwest swell beginning sometime around the October 22.

The weather looks good for the next week. It should be warm and sunny with mild a Santa Ana wind.

Look for high temperatures reaching into the low 70s with a low temperature bottoming out in the high 50s. Water temperatures will remain in the low to mid 60s with a light afternoon breeze.

Look for the next surf report on the Oct. 25. The high-pressure system that is causing so much trouble should have passed and hopefully there will be some good news.

Check the daily surf reports for changes and updates at www.SignonSanDiego.com and www.swell.com.

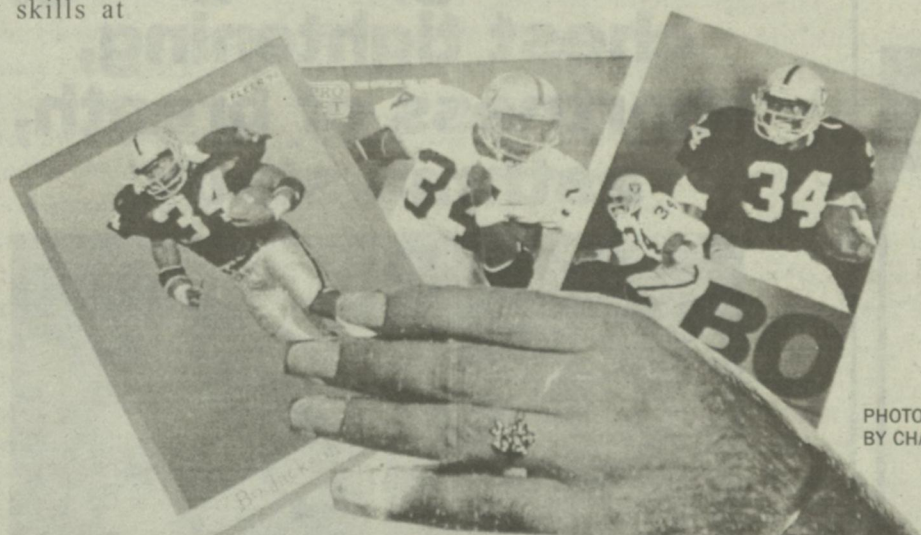


PHOTO COLLAGE
BY CHAD WILSON

**Anyone can write for the Vista!
Just stop by, we're down with it.**

University of San Diego Toreros Score

#27 Womens Volleyball (14-3)

Friday October 12

Defeated Portland

Three games to one

Defeated Gonzaga

Three games to two

NEXT home games;

Friday Oct. 19 LMU @7pm

Saturday Oct. 20 #14 Pepperdine

#13 Mens Soccer (8-3)

Friday October 12

Lost to Santa Clara 2-1

NEXT home game;

Friday Oct. 26 7:30pm VS LMU

Football (4-1)

Saturday Oct. 13

Beat Fairfield 38-35

NEXT Home game;

Sat. 7pm vs Butler

Womens Soccer (9-3)

Sunday Oct. 14

Defeated LMU 1-0

NEXT home games;

Friday Oct. 26 @5pm

VS Pepperdine

Sunday Oct. 28 @ 1pm

VS CS Fullerton

Cross Country

Saturday Oct. 13

Men and Women

both competed @

UCSD Invite

Men placed 5th

Women placed 4th

NEXT invite;

Oct. 27 @

WCC Championships

Continued from **Mission Beach**, page 9

times my bedroom window (courtesy of my USD neighbor's deck roughly 4 feet away). By the way, they have been 'CAP'ed (Citizens Against Parties), a strange new rule Raul never had to deal with.

Lets start with my favorite: female guests of my male neighbor. A frequent plea, "More beeeeer guys!" Or, "Its illegal to move furniture at thith hour." They partake in lots of happy giggling too.

The guys themselves beat on drums a lot, although usually not after 1 a.m....on school nights. They ramble a lot about beer, The Simpsons, and "ex-best friends," but not girls too much, which I consider respectful.

Another funny comment came from a lady resident that came on our deck and said to my USD roommate, "My dog is probably more of a beach slut than you..." This had to do with returning her dog if she got loose.

On the deck, overhearing other conversation depends on the speed of the person going by because of the various modes of boardwalk transportation. I heard one roller blader say to his partner, "Well, Jim if you align the nebula with the maximus..." This had to do with space, not muscles.

Of course there are local exhibitionists who walk or rollerblade nude and get arrested regularly. But isn't painting blue waves on your bum art? Apparently things aren't the way they used to be down here.

Tip us.

x7849

Words are fun.

And so are we. So come write for us.

MCAT

Enroll by October 31st and save \$100!

A high MCAT score is critical to admissions success.
Take Kaplan and get a higher score.

MCAT classes start November 3.

Call 1-800-KAP-TEST or visit kaptest.com to enroll today!

KAPLAN

Test prep, admissions and guidance. For life.

We're conducting a wheezing, coughing, chest tightening, shortness of breath, asthma study.



We are in need of volunteers for an adult asthma research study. We need male and female participants that are:

- Age 18 to 65 years old
- Have at least a 1 year history of symptoms such as wheezing, coughing, chest tightening and shortness of breath
- Are a non-smoker for at least a year
- Be able to participate for about 8 weeks with 13 office visits

You will not be charged to participate and you will be compensated up to \$1,300.00 for your time & travel at the end of the study. Please call today if you feel you qualify.

Call Deedra at (619) 229-2355

E-mail: dnashools@allergyassociates.net



The Research Center

6386 Alvarado Cr., #210, San Diego, CA 92120

Web site: www.allergyassociates.net

Dr. Bruce M. Preaner, Board-Certified Allergist & Staff

RECREATIONAL SPORTS

IM Flag Football's second season about to start

By Jason Williams
INTRAMURAL SUPERVISOR

The Intramural Flag Football regular season is finally over. The teams are now gearing up for the post season. The games this weekend showed many teams that are ready for the grueling task of making it through the playoffs.

We have three undefeated teams going into the playoffs and a few teams still looking for win number one. But those records don't count anymore. The second season is about to start. So get ready for some football and the crowning of this year's champion in both the men and women's divisions.

Sunday's games were few and far between. We started with one game at 11:00 a.m.,

which was surprisingly a good game for being played the day after homecoming. The once beaten "Rec Riders" played the undefeated "Grumpy Old Men."

This game was all it was cracked up to be. The game was well played and it went down to the wire with the "Grumpy Old Men" winning 12-6. Keith Brund was the star of the game catching a huge pass, getting him to the 1-yard line. He then scored a colossal touchdown on the next play.

At 12:00 noon the "Ruff Riders" took on the "Dukes." The game was close in the beginning, however the "Ruff Riders" showed that slow starts could be overcome.

The "Dukes" got their only score of the game on their first

drive down the field. Then the "Ruff Riders" scored 3 touchdowns in a row winning 27-7. Mike Hackett had a beautiful 50-yard touchdown catch to help lead the "Ruff Riders" to finish the season undefeated.

After a great lunch we had the 2:00 p.m. games "Slam" could not make it in time, so the "Gladiators" won without even playing a single down on Sunday.

We did see the "Marinators" and "LA Locals" play though. These teams played a game for the ages. This game was a battle of the Titans. Each team scored once and the defenses held the other team to just that. The final score was 6-6.

Then we had blowouts at 3:00 p.m. "Emotional Intelligence" took on the "Squirrels."

Raffi started racking up points by scoring on the opening kick off.

After just 2 minutes of play, "Emotional Intelligence" had a 21-0 lead. They never looked back beating the "Squirrels" 34-6.

Playing on the next field we had the "Law Dogs" and the "Rats." The "Rats" could not get it going on offense or defense. The "Dogs" took it to the "Rats" 32-0. The "Law Dogs" look good going into the playoffs.

At 5:00 p.m. after a couple of forfeits we had our final regular season game of the semester. "Da Sh*t" took on the "Goofballs."

After a pre-game slip of the tongue involving Hooters (the restaurant), the women took the field. "Da Dh*t" scored there

first touchdown ever on a reverse to Dana Leon-Guerro. She ran the ball 50 plus yards for a quick score.

Keeping the game close, the "Goofballs" took the lead with about 5 minutes left.

"Da Sh*t" had one more chance to win the game. With the ball on their own 25-yard line and 22 seconds left, they decided to punt but the "Goofballs" had a penalty called on them, leaving 4 seconds left on the clock and many yards left for the touchdown. They hiked the ball but could not make it to the end zone. The "Goofballs" won 20-12.

With the regular season over, the teams have a week off to prepare for the playoffs. Good luck to all the teams in you quest for the shirt.

Playoffs around the corner for IM Soccer

By Catherine Fontecha
INTRAMURAL SUPERVISOR

This week of IM soccer can be characterized by more evenly matched games, a few blowouts, and wet pennies for all of you that played Thursday night.

Maher Perv's won their first game Tuesday night 2-1 against Brass Balls. Alejandro Castro and Nick Moiseff both scored one goal for Maher Perv's and Stuart Hawkes was the only one to find the back of the net for Brass Balls. In another close game, Forgeta Bout It fought it out with Maher 4th West to the very end. The physical play yielded one yellow card, awarded to Zack Knipe of Forgeta Bouta It. Despite the yellow card, he went on to score the one goal while his teammate Philip Fitzpatrick scored two goals. This game ended 3-2. Phillip Sockolov continued his scoring streak with two goals for Maher 4th West.

The Law school team, Ibiza, continued this week for its quest of another championship. Ibiza blew out its opponent for the third consecutive week. This week's victim, Schilozski, suffered a shutout. The 8-0 loss kept Schilozski winless in the year with a record of 0-2-2. Both George Salter and Toffer Patton scored three goals each, Brian Benitez added two goals, and Ryan Saunders rounded up the scoring for Ibiza with one goal.

After two weeds away from the league, Best Team Ever looked a little out of sync. They lost to Las Coronas 8-1. Andrew Hall provided the only goal for Best Team Ever. The eight goals tallied up by Las Coronas were evenly distributed in the first and second halves. Israel Maldonado, Calvin D'Silva, Jeff Kindepf, and Saulo Londono each scored two goals for Las Coronas.

In the oddest game of the week, the Cleveland Steamers defeated Sean 5-4. Pre-game activities proved this game was going to be interesting. Both powerhouse teams were missing key players. In fact, not enough players showed up so both teams played with only five players.

The Cleveland Steamers were scrambling seconds before the game to find five players until they convinced Tiana "What Does Work Mean" Phillips to play keeper for them.

Daniel Dolan started the scoring off a breakaway and later scored another before the end of the first half. Zack Sharrett, Craig Weinkauff, and Andy Rogers tallied up a goal each in the first half for the Cleveland Steamers.

Playing with only five players, both teams were winded. Re-

gardless of the fatigue, Sean managed to score two more goals by Brandon "Not Sure What Your Last Name Is" Tossaal in the second half. Zack Sharrett kept the Steamers in the game with another goal. With a tied score and only minutes remaining in the match, Rob Humkey found a burst of energy and scored the game winning goal to put the Cleveland Steamers up 5-4.

Both co-rec games were filled with plenty of scoring. In the Maher 4th West versus Valley game, the women controlled the scoreboard. Stephanie Hay scored all the goals for the Valley including an open-netter off a cross by Mike Malone. The women of Maher also scored all of the goals but one by Andrew Miller. Lauren Umbdenstock and Maija Baltins provided two goals a piece and Jordan McLaughlin placed one in the back of the net as well.

Michele Gardner of the Succers dominated the other co-rec game Thursday night. She scored two goals in the first half and one goal in the second for a total of six points. Ryan Perry contributed two goals of his own for the Succers in their 8-1 victory against Los Hooligans.

In the women's division, the Strikers came up with their second win of the year by defeating the Powerpuff Girls. Alexis Scott beat Powerpuff's goalie six times, Lara Hargreaves added four goals, and Stephanie Catonie also scored for the Strikers. Sylvie Togno of the Powerpuff Girls had the only goal for the Powerpuff Girls.

The Sirens lost to the Xiles 2-7 this week. Brooke Marada and Jessica Haluck each had a hat trick for the Xiles. Emily Smith also scored for them. Kristin Vela and Jaime Hutchinson scored the two goals from the Sirens.

The last women's game was a tight one between Hiriano and Iris's. Although Hiriano played a player down, they were still able to beat Iris's 2-1. Kim Kawahara's excellent play between the pipes won the game for Hiriano.

However, Iris Desmini was able to put one ball past Kawahara once for Iris's only goal of the game. Lisa Palermo and Tiana "I Only Want To Work At Meetings" Phillips continued their tag team play this week. Phillips' corner kick found the head of Palermo and into the goal. Phillips also had a goal of her own.

Only one more week until playoffs begin for the IM soccer season. Just a reminder to those teams that have forfeited a game, you must pay your \$20 fine before you are eligible to compete in the playoffs. Also, October 18th's games will be re-scheduled due to Fall Holiday. The IM office will contact all teams playing this Thursday for the re-scheduled game times.

INDOOR LEAGUES
SIGN-UPS

BEGIN MON. OCT. 22
END THR. OCT. 25

3 X 3 BASKETBALL
4 X 4 VOLLEYBALL
WHIFFLEBALL
FLOOR HOCKEY

MANDATORY
CAPTAINS MEETING
THURSDAY OCT. 25th
@5:30pm in the
SPORTS CENTER

IM 2 X2 GOLF
TOURNEY
SIGN-UPS

BEGIN MON. OCT. 22
END WED. OCT. 31

TOURNEY @
RIVERWALK GOLF
COURSE

FRI. NOV 2nd

\$20 PER PERSON

FOR MORE
INFORMATION ON INTRAMURAL SPORTS
CALL 260.4533

Pick the Size that's Right for You...

and Get Great Rates all the Time!



Introducing **MINUTE/PASSSM**

- Great low rates - home and away
- Minutes carry over and never expire
- Instantly rechargeable - add minutes to your card anytime
- Great international rates
- MinutePass makes great gifts too!

Get your MinutePass NOW!

Visit **minutepass.com** or call **1-800-256-5482**

By purchasing or using this card, you accept these Terms and the Terms listed at both www.minutepass.com and with Customer Service at 1-800-325-0754, as they are updated from time to time. Additional shipping and handling charges apply. Maximum telecom value 8¢ - 12¢ a minute, depending on card purchased. Pay phone calls have an additional 25¢ surcharge. Minute value assumes no pay phone calls. Call prices are rounded to the nearest whole cent. Usage rounded to the next full minute.

© 2001 Telecom*USA. All Rights Reserved.